

Halton Support Directory



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Food Support Services in Halton



Food Banks

Discretionary Support

In urgent need, you can also apply to the Council's discretionary support team who may be able to help with food and emergency support.

Telephone 0800 952 0016 (Freephone from landlines) or e-mail Support@halton.gov.uk.
Open 9 am to 5 pm Monday to Thursday and 9 am to 4.30 pm on a Friday.

Runcorn & District Foodbank

53a Russell Road, Runcorn, WA7 4BH

01928 577679

info@runcorndistrict.foodbank.org.uk

St Martins, Murdishaw

St Martin's Lane, Murdishaw, Runcorn WA7 6HZ

01928 711 207

Open Monday 11 am to 1 pm

St Bertelines, Windmill Hill

St. Berteline's Church, Norton Hill, Windmill Hill, Runcorn, WA7 6QE (St Bert's DC has temporarily moved to Windmill Hill Children's Centre opposite the church)

01928 751151/ 07817 571946

Open Tuesday 1 pm to 3 pm

Brook Chapel

Boston Avenue, Runcorn WA7 2DE

01928 890254 frankandsuewilding@gmail.com

Open Wednesday 2 pm to 4 pm

Christ Church, Castlefields

Chester Close, Castlefields, WA7 2HY

01928 563636

Open Thursday 1 pm to 3 pm

Bethesda Church

Bethesda Church, Lapwing Grove, Palacefields, WA7 2TP

Open Saturday 10 am to 12 pm

Old Town

Old Police Station, Mersey Road, WA7 1DF

01928 588506

Open Friday 11 am to 1 pm

Frodsham Guide HQ

Guide HQ, Ship Street, Frodsham, WA6 7NW

01928 577679

Open Friday 1 pm to 3 pm

Community Shops and Pantries

Halton Community Shop

Also offering Cost of Living Support

Priory House, Runcorn, Cheshire, WA7 2FS

01928 759 574

Open Monday to Friday 8 am to 4 pm

Saturday 8 am to 3 pm

Queens Pantry

Queens Avenue, Ditton, WA8 8GR

Open Monday to Friday 10 am to 4 pm

The Route Café

Grenfell House, 116 Widnes Road, Widnes, WA8 6AX

Open Monday to Friday 10 am to 4 pm

Community Pantry

Palacefields Community Centre, WA7 2UA

Open Wednesday 10 am- to 12 pm

Halton Royal British Legion

British Legion, Castle Road, Runcorn, WA7 2BE

Tuesday, Wednesday and Friday 1 pm to 2 pm

Food Support Services in Halton



Feeding Halton

Delivers a range of projects to tackle hunger in Halton including food including affordable food groups and addressing the root of hunger.

Where to find the social supermarkets:

Queens Avenue, Ditton, Widnes WA8 8GR

The route – Grenfell House, 116 Widnes Rd,
Widnes WA8 6AX

Palacefields Community Centre WA7 2UA

Castle Road Runcorn, Cheshire WA7 2BE

Tea Tree Café

Offer low-cost food and a housing surgery

Wednesday 10 am to 1 pm

National Organisations

Karma

The Karma app enables users to rescue fresh food from restaurants, bakeries, cafes and even wholesalers that would have otherwise been thrown away.

<https://save.karma.life/>

Independent Food Aid Network

Across the UK there is a growing network of food banks, food distribution charities and local support hubs. To find one nearest to where you live, search the Independent Food Aid Network's interactive map.

<https://www.google.com/maps/d/u/0/viewer?mid=15mnlXFpd8-x0j406Ck6U90chPn4bkbWz&ll=54.09489700993946%2C-2.7578924999999981&z=6>

Too good to go - The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses.

<https://www.toogoodtogo.com/en-gb>

OLIO - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need. <https://olioapp.com/en/>

Trussell Trust Helpline - 0800 915 4604
Open Monday to Friday, 9am – 5pm

Salvation Army

Run food banks year-round from many of their churches and community centres.

OddBox - Fighting food waste
<https://www.oddbox.co.uk/>

NoWaste

NoWaste users can scan receipts and barcodes, log each weekly shop, make lists of what's in, plan meals more effectively and receive automatic expiration reminders.

NOSH

Nosh is an app offering another option to track the food you have in your home. With nosh, users can view categorised expiry and use by dates all on one screen, so they can easily prioritise which foods to use up first.

Riverside

National Food Support Services



Council Support

You may be able to get help with essential costs from your local council. This is sometimes known as ‘the Household Support Fund’. This could help if you’re struggling to afford things like:

- **energy and water bills**
- **food**
- **essential items**

Your council may also offer food vouchers to families during the school holidays.

Who the Household Support Fund is for

Funding is aimed at anyone who’s vulnerable or cannot pay for essentials. You do not have to be getting benefits to get help from your local council.

If you get benefits, they will not be affected if you get a payment from a Household Support Fund scheme.

Find out about schemes in your area

Councils decide how to run their schemes. There may be differences in:

- **If you can apply**
- **if or how you need to apply**
- **who money is given to**

For example, some councils share out money through local charities and community groups and some limit household applications to one per year.

Check with your local council to find out what support is available.

<https://www.gov.uk/find-local-council>

Trussel Trust

Food banks in the Trussel Trust network welcome and support everyone who is referred to them,.

Volunteers will give a minimum of three days’ emergency food.

How to get a food voucher

In order to get help from a food bank you will need to be referred with a voucher, which can be issued by a number of local community organisations (for instance schools, GPs and advice agencies). Your local food bank can advise which agencies can help.

You can search food banks local to you by visiting:

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

If you live in England or Wales please call Help through Hardship for free to talk confidentially to a trained Citizens Advice adviser on: **0808 208 2138**

Monday to Friday, 9 am to 5 pm. Closed on public holidays.)

They can help address your crisis and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they’ll issue you with a voucher so you can get an emergency food parcel from your local food bank.

Trussell Trust Helpline - 0800 915 4604
Open Monday to Friday 9 am to 5 pm

National Food Support Services



KITCHE

The free app has thousands of recipe suggestions that users can filter by the ingredients in their kitchen that need to be used up.

OddBox

Oddbox is a subscription service that delivers straight to your door, fruit & veg that is considered either too large or too small to be sold in supermarkets. When you sign up to Oddbox, you'll need to decide what you would like to be sent and how often. You can choose fruit, vegetables or a selection of both and have them delivered each week or fortnightly.

<https://www.oddbox.co.uk/>

Kids Eat Free Deals

Many restaurants, Supermarkets, Cafes and pubs will have Kids Eat Free Deals. You can find a list at Money Saving Expert.

<https://www.moneysavingexpert.com/deals/cheap-restaurant-deals/#kids>

ASDA

If you dine in at any Asda Café (there are 205 of them) you can get a free bowl of porridge and a hot drink from 8am to midday every day of the week until Wednesday 20 March. There's no minimum spend, so just order at the counter.

Bread and Butter Thing

Their mobile food clubs give access to nutritious and affordable food taken into the heart of communities. This low cost weekly shop provides essential produce for family eating – fresh fruit and veg, fridge favourites and cupboard staples.

Find your nearest hub by visiting

<https://www.breadandbutterthing.org/become-a-member>

Once you have found the nearest hub Text **07860 063 304** with your full name, postcode, and the name of the hub you will be collecting from.

HAF Programmes

The HAF programme provides free holiday provision, including healthy food and enriching activities, for children in receipt of benefits-related free school meals in England.

To find a programme near you, visit your local council website.

Furniture Support in Halton



Council Support

Discretionary Support Scheme

The council's Discretionary Support Scheme has been allocated additional funding from the Household Support Fund to help individuals or families who need urgent help to pay for things such as essential food, toiletries or household items or essential fuel bills.

If you are in need of immediate support you can contact the council's local welfare provision team called the Discretionary Support team. They can assist with immediate short-term needs due to a circumstance that presents a serious risk to the health or safety of the claimant or their family.

Awards will normally be made for immediate essential day to day living expenses only, and will usually be made by way of a parcel delivered direct to the customer from the supplier, for items such as:

- **Essential food items**
- **Essential toiletries**
- **Essential household items**
- **Essential Fuel Awards**
- **There will be no cash payments**

**To find out more contact 0303 333 4300
hdl@halton.gov.uk**

Recipro (UK) Ltd

Work with suppliers and contractors, who donate unwanted, surplus building materials to which they can sell on at hugely discounted rates
Unit 2 Britannia House, Dock Road, CH41 1DF
0151 639 0651

Facebook Groups

There are several groups on Facebook that offer free or low cost furniture.

These include:

People Help The People (Liverpool), Liverpool FREEcycle, Everything's free Liverpool

Resources

Reuse Network

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

Second Hand Furniture Websites

Facebook Market Place and Groups
Gumtree, FreeCycle, Pre-Loved, Freeads, VivaStreet, Freegal

Charities

Glasspool Trust

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

<https://www.glasspool.org.uk/>

Buttle UK

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buttleuk.org/apply-for-a-grant/>

Family Fund

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

<https://www.familyfund.org.uk/>

Furniture Support in Halton



Charity Shops

British Heart Foundation

Unit 7 Orchard Walk, Runcorn Shopping Centre,
Runcorn, UK, WA7 2BS
01928 759477

Open Monday to Saturday 9.30 am to 5 pm

Barnardo's

18B Church Street, Runcorn, WA7 1LR
01928 561101

**Open Monday to Saturday 9 am to 5 pm and
Sunday 10 am to 4 pm**

DEBRA

54 Widnes Rd, Widnes, Cheshire, WA8 6BA
0151 424 3957 widnes@debra.org.uk

**Open Monday to Saturday 9 am to 5 pm (Tues
9.30 am to 5 pm) and Sunday 10 am to 4 pm**

Charities

Glasspool Trust

UK-wide charity that provides grants support for
people experiencing financial hardship, with no
restrictions on who they can help.

<https://www.glasspool.org.uk/>

Buttle UK

Support children and their families, including the
provision of beds, and offer more comprehensive
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Family Fund

Helping vulnerable children and young people up
to the age of 18 who are experiencing a crisis or
emergency. They provide essential furniture
items and they accept direct applications.

<https://www.familyfund.org.uk/>

UK Furniture Bank

UK Furniture Bank in partnership with the
referring including social services and
community centres. There are some costs
involved, although these are kept to a minimum.

**They only accept requests direct from your
Support Worker, Housing Officer, Welfare
Worker, or local Faith Organisation, who must
apply on your behalf.**

<https://theukfb.co.uk/furniture-request-form>

End Furniture Poverty

End Furniture Poverty have a list of resources
and advice on their website on how to access
new and preloved furniture.

<https://endfurniturepoverty.org/>

Cost of Living Support in Halton



Council Support

Discretionary Support

In urgent need, you can also apply to the Council's discretionary support team who may be able to help with food and emergency support.

Telephone **0800 952 0016** (Freephone from landlines) or e-mail **Support@halton.gov.uk**.
Open 9 am to 5 pm Monday to Thursday and 9 am to 4.30 pm on a Friday.

Libraries

Halton Lea

Halton Lea, Runcorn WA7 2PF
0151 511 7744

haltonlea.library@halton.gov.uk

Open Monday, Wednesday and Friday 10 am to 5 pm Tuesday and Thursday 9 am to 5.30 pm and Saturday 10 am to 2.30 pm

Widnes Library

Victoria Square, Widnes WA8 7QY
0151 907 8383

widnes.library@halton.gov.uk

Open Monday, Wednesday and Friday 10 am to 5 pm Tuesday and Thursday 9 am to 7 pm and Saturday 10 am to 2.30 pm

Runcorn Library

Granville Street, Runcorn WA7 1NE
0151 511 7666

Open Monday 10 am to 5pm Tuesday 10 am to 6 pm Wednesday: closed, Thursday 9.30 am to 5 pm Friday 10 am to 5 pm, Saturday 10 am to 2.30pm

Ditton Library

Queens Avenue, Widnes WA8 8HR
0151 424 2459

**Open Monday 10 am to 5pm Tuesday 10 am to 6 pm
Wednesday: closed, Thursday 9.30 am to 5 pm
Friday 10 am to 5 pm, Saturday 10 am to 2.30pm**

Benefits advice

Welfare Rights Service: 0151 511 8930

The Macmillan Welfare Rights Officers can be contacted on 0151 511 8214/0151 511 7875

Citizens Advice Runcorn

Unit 1-2, Orchard Walk,
Runcorn Shopping City, Runcorn, WA7 2BS
0151 257 2449

Open Monday, Tuesday, Thursday and Friday 10 am to 1 pm

Citizens Advice Widnes

Unit 3, Victoria Building,
Lugsdale Road, Widnes, WA8 6DJ
0151 257 2449

Open Monday, Tuesday, Thursday and Friday 10 am to 2 pm

Halton Welfare Rights Service

Advice and information on all benefits and help to challenge decisions

0151 511 8930 welfare.rights@halton.gov.uk

Direct Link (formally known as One Stop Shops)

Office's available in Widnes and Runcorn for information and support around council services.
Widnes Office Brook Street, Widnes. WA8 6NB.
Runcorn Office Rutland House, Second Ave, WA7 2ES.
0303 333 4300 hdl@halton.gov.uk

Employment Support

Households into Work

Households into Work is a programme to help people find work and supporting people to get to a point where they start to think about work as a realistic option. They support long-term unemployed people who have difficulty finding and sustaining employment due to a range of issues, including financial crises, mental health problems, the risk of eviction or homelessness, domestic abuse, social isolation or chronic health issues.

0151 330 1005

hiw@liverpoolcityregion-ca.gov.uk

Adult Learning

Change your life, Learn something new. Find a course in a wide range of subjects with Adult Learning.

0151 511 7788

adult.learning@halton.gov.uk

Halton People into Jobs

Halton People into Jobs (Halton Borough Council) offers a range of services to help local residents address barriers to employment i.e. debt/money advice, health improvement, training, skills for life. Advisors/Key Workers also help participants access support through a network of expert specialist organisations.

To register for support please contact:

0151 511 7555 or hpj@halton.gov.uk

Ways to Work

Ways to Work Advisors are trained and experienced in helping residents get the support needed to help build a more secure future. All support is tailored to meet the needs of the individual, so it is only after discussing your needs with you that an action plan is put into place.

All it takes is one email to set up an appointment: w2wreferrals@halton.gov.uk

Credit Unions

Central Liverpool Credit Union

141 Park Street, Liverpool, L8 6QF
centralcu.co.uk

0151 708 5515 enquiries@clcu.co.uk

Partners Credit Union

2nd Floor, LCVS, 151 Dale Street, L2 2AH
partnerscreditunion.co.uk

0151 258 1014

enquiries@partnerscreditunion.co.uk

Halton Credit Union

115-116 Runcorn Shopping City, WA7 2BX
01928 790571 info@haltoncu.co.uk

**Open Monday and Thursday 9.30 am to 4 pm
Tuesday and Friday 9.30 am to 12.30 pm**

Widnes Credit Union

110 Widnes Road Widnes WA8 6AX
0151 257 8753 info@haltoncu.co.uk

**Open Monday and Thursday 9.30 am to 12.30 pm,
Tuesday 9.30 am to 4 pm, Friday 9.30 am to 3.30 pm**

National Debt services

Turn2us

Turn2us is a national charity providing practical help to people who are struggling financially.

0808 802 2000 www.turn2us.org.uk

National Debtline

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.

0808 808 4000 www.nationaldebtline.org

Money Advice Service - 0300 500 5000

National Debt Line - 0808 808 4000

Credit Unions

Central Liverpool Credit Union

141 Park Street, Liverpool, L8 6QF
centralcu.co.uk

0151 708 5515 enquiries@clcu.co.uk

Partners Credit Union

2nd Floor, LCVS, 151 Dale Street, L2 2AH
partnerscreditunion.co.uk

0151 258 1014

enquiries@partnerscreditunion.co.uk

Halton Credit Union

115-116 Runcorn Shopping City, WA7 2BX
01928 790571 info@haltoncu.co.uk

Open Monday and Thursday 9.30 am to 4 pm

Tuesday and Friday 9.30 am to 12.30 pm

Widnes Credit Union

110 Widnes Road Widnes WA8 6AX
0151 257 8753 info@haltoncu.co.uk

Open Monday and Thursday 9.30 am to 12.30 pm, Tuesday 9.30 am to 4 pm, Friday 9.30 am to 3.30 pm

National Debt services

Turn2us

Turn2us is a national charity providing practical help to people who are struggling financially.

0808 802 2000 www.turn2us.org.uk

National Debtline

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.

0808 808 4000 www.nationaldebtline.org

Money Advice Service - 0300 500 5000

National Debt Line - 0808 808 4000

Christians Against Poverty (CAP)

Provides free professional debt help, job clubs, life skills groups and money education in the heart of communities.

<https://capuk.org/>

Fuel and Energy Support

Energy Projects Plus

Free and impartial advice to help you save money on your energy bills.

0800 043 0151

<https://www.epplus.org.uk/>

British Gas Energy Trust

<https://britishgasenergytrust.org.uk/>

Scottish Power Hardship Fund

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

E.On Energy Fund

<https://www.eonenergyfund.com/>

Support from Banks

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

National Cost of Living Support Benefits



GOV.UK

The GOV.UK website has a list of resources to help support those who are struggling due to the cost-of-living crisis.

<https://www.gov.uk/>

Benefits and Financial Support

There are several benefits that you may be eligible for including:

Universal Credit - If you're on a low income, you're out of work or you cannot work

Carer's Allowance - If you care for someone who gets certain benefits at least 35 hours a week

New Style Employment and Support Allowance (ESA) - If you have a disability or health condition that affects how much you can work or if you need support to get back into work.

New Style Jobseeker's Allowance (JSA) - If you need help when you're looking for work

Access to Work - If you have a physical or mental health condition or disability you may be able to receive support to help you stay in work.

To find out what benefits and support you may be eligible for visit

<https://www.gov.uk/cost-of-living/benefits-tax-work>

Help for Households

See what support is available to help with the cost of living and save money with our energy saving tips.

<https://helpforhouseholds.campaign.gov.uk/>

Personal Independence Payment

Personal Independence Payment (PIP) can help with extra living costs if you have both:

- a long-term physical or mental health condition or disability
- difficulty doing certain everyday tasks or getting around because of your condition

You can get PIP even if you're working, have savings or are getting most other benefits.

To find out more visit - <https://www.gov.uk/pip>

Citizens Advice

The national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

You can contact an adviser through the national phone service: Adviceline (England): **0800 144 8848**

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: **18001** then the Adviceline or Advicelink number

You can use Relay UK with an app or a textphone. There's no extra charge to use it.

Adviceline's available 9am to 5pm, Monday to Friday. It's usually busiest at the beginning and end of the day. It's not available on public holidays.

To find your nearest Citizens Advice visit <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

National Cost of Living Support Debt Help



Citizens Advice

Full debt and consumer advice service in England and Wales. Many have specialist case workers to deal with any type of debt, including repossessions and negotiation with creditors. If you live in England or Wales, get in touch by:

Web chat: The web chat service is open Monday to Friday, 8am - 7pm and Saturday 9.30am - 1pm (except bank holidays).

0800 240 4420 (debt helpline) The debt helpline is available 9am to 5pm, Monday to Friday (excluding bank holidays).

Step Change Debt Charity

Online support is available via the debt advice tool where you can create a budget and get a personal action plan with practical next steps. .

0800 138 1111 Opening times: Monday to Friday, 8am to 8pm, Saturday, 8am to 2pm (closed on Sundays and bank holidays).

<https://www.stepchange.org/>

National Debtline

National Debtline provides free advice and resources to help people deal with their debts. Advice is available over the phone, online and via webchat.

0808 808 4000 Opening times: Monday to Friday, 9am to 8pm, Saturday, 9.30am to 1pm.

<https://www.nationaldebtline.org/about-us/>

Debt Advice Foundation

Debt Advice Foundation is a debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt.

0800 043 40 50 Monday to Friday 8am to 6pm

Christians Against Poverty

National debt counselling charity with a network of 160 centres based in local churches, offering hope and a solution to anyone in debt (not just Christians).

<https://capuk.org/>

PayPlan

PayPlan offer free, simple debt advice to anyone who needs it. When you go to them for debt advice, they will show you all the different debt solutions that are out there so you've got a clear idea of what your options are, and how each one could help you. They can also advise you on what the best solution is for your circumstances, plus any other options that might work for you.

0800 316 1833 Available between 8am to 8pm Monday to Friday and 9am to 3pm on Saturday.

<https://www.payplan.com/>

Community Monday Advice

Community Money Advice (CMA) is a charity dedicated to supporting and helping community groups, churches and groups of churches set up free, face to face debt & money advice centres in their neighbourhood.

<https://www.communitymoneyadvice.com/freedom-from-debt/get-help>

Turn2Us

Turn2us is a national charity providing practical help to people who are struggling financially. You can use their free Benefits Calculator and Grants Search to find out what help you can get.

<https://www.turn2us.org.uk/>

National Cost of Living Support Services



Money Advice service

The Money Advice Service is a free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead
0800138 7777

Credit Unions

Credit unions come in all shapes and sizes. Whether you're looking for a credit union with online and phone banking, a payroll partnership with your employer, a local branch or service point you can walk into – or a combination of all three – there's a good chance you'll find the credit union you're looking for to meet your needs.

To find a credit union near you visit

<https://www.findyourcreditunion.co.uk/>

Fuel and Energy Support

Energy Projects Plus

Free and impartial advice to help you save money on your energy bills.

0800 043 0151

<https://www.epplus.org.uk/>

British Gas Energy Trust

<https://britishgasenergytrust.org.uk/>

Scottish Power Hardship Fund

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

E.On Energy Fund

<https://www.eonenergyfund.com/>

Support from Banks

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

National Cost of Living Support Employment



Government Support

Find a Job in England, Scotland or Wales through the government's official job vacancy service that offers a simple way for people to search for the latest jobs.

Find additional job opportunities through the Job Help website.

<https://jobhelp.campaign.gov.uk/>

Apprenticeship's

An apprenticeship combines practical training in a job with study.

You can start an apprenticeship if you're:

- 16 or over - there's no upper age limit
- not in education (full or part-time)

You can have a previous qualification, like a degree, and still start an apprenticeship.

<https://www.gov.uk/apply-apprenticeship>

Learn online for free

Learn online for free with The Skills Toolkit, where you can access more than 70 courses in digital, numeracy and employability skills.

<https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

Get a free Level 3 qualification

If you are 19 or over and don't yet have A levels or equivalent you can now take your first Level 3 qualification for free. There are hundreds of free

courses available linking to jobs in sectors such as building and construction, health and social care, accounting, engineering, environmental conservation and more.

To find out more visit

<https://www.gov.uk/guidance/free-courses-for-jobs>

The Job Entry Targeted Support Scheme

The Job Entry Targeted Support scheme is providing six months of personalised support for people who have been unable to find work within the first 3 months of unemployment.

To find out more visit <https://www.gov.uk/>

Get support from a work coach

Work coaches use their experience of the jobs market to help you find opportunities that match your skills, which could include types of work you've never considered before. Get support from your work coach by asking at your nominated Job Centre.

National Careers Service

Provide careers information, advice and guidance. We can help you make decisions at all stages in your career.

Call 0800 100 900 to speak to an adviser.

8am to 8pm Monday to Friday, 10am to 5pm Saturday and bank holidays.

<https://nationalcareers.service.gov.uk/>

Welcoming Spaces in Halton



Welcoming Spaces

Castlefields Community Centre

Village Square, Castlefields, Runcorn WA7 2ST

Open Wednesday 2 pm to 4 pm.

Starting Wednesday 1st November 2023 to Thursday 29th February 2024

***Free hot drinks available every Wednesday afternoon**

Upton Community Centre

Hough Green Road, Widnes, Cheshire

Open Wednesday 2 pm to 4 pm.

Starting Wednesday 1st November 2023 to Thursday 29th February 2024

***Free hot drinks available every Wednesday afternoon**

Murdishaw Community Centre

Barnfield Avenue, Runcorn WA7 6EP

Open Wednesday 2 pm to 4 pm.

Starting Wednesday 1st November 2023 to Thursday 29th February 2024

***Free hot drinks available every Wednesday afternoon**

Grangeway Community Centre

Grangeway, Runcorn, Cheshire, WA7 5HA

Open Wednesday 2 pm to 4 pm.

Starting Wednesday 1st November 2023 to Thursday 29th February 2024

***Free hot drinks available every Wednesday afternoon**

Libraries

Halton Lea

Halton Lea, Runcorn WA7 2PF

0151 511 7744

haltonlea.library@halton.gov.uk

Open Monday, Wednesday and Friday 10 am to 5 pm Tuesday and Thursday 9 am to 5.30 pm and Saturday 10 am to 2.30 pm

Widnes Library

Victoria Square, Widnes WA8 7QY

0151 907 8383

widnes.library@halton.gov.uk

Open Monday, Wednesday and Friday 10 am to 5 pm Tuesday and Thursday 9 am to 7 pm and Saturday 10 am to 2.30 pm

Runcorn Library

Granville Street, Runcorn WA7 1NE

0151 511 7666

Open Monday 10 am to 5pm Tuesday 10 am to 6 pm Wednesday: closed, Thursday 9.30 am to 5 pm Friday 10 am to 5 pm, Saturday 10 am to 2.30 pm

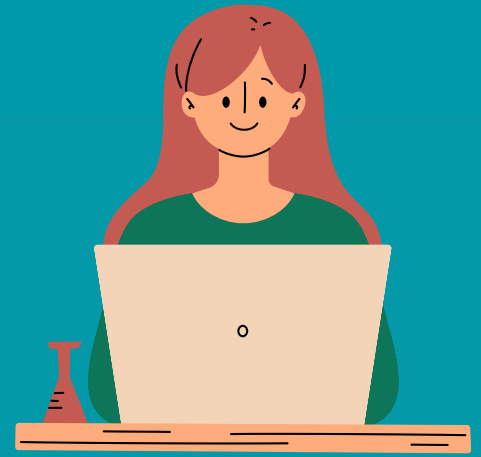
Ditton Library

Queens Avenue, Widnes WA8 8HR

0151 424 2459

Open Monday 10 am to 5pm Tuesday 10 am to 6 pm Wednesday: closed, Thursday 9.30 am to 5 pm Friday 10 am to 5 pm, Saturday 10 am to 2.30pm

Digital Inclusion Support in Halton



National Organisations

Job Centre Support

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

Your work coach will be able to help support you to access further information

Social Tariffs

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

Visit www.ofcom.org.uk and search social tariffs to find out more.

The Department for Education

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work.

To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills

Get Online @ Home

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

<https://www.getonlineathome.org>

Family Fund

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

www.familyfund.org.uk

The Charity Excellence

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

www.charityexcellence.co.uk

The National Data Bank

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

www.goodthingsfoundation.org

National Device Bank

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

<https://www.onlinecentresnetwork.org>

Digital Inclusion Support in Halton



Libraries

Halton Lea

Halton Lea, Runcorn WA7 2PF
0151 511 7744 haltonlea.library@halton.gov.uk
Open Monday, Wednesday and Friday 10 am to 5 pm Tuesday and Thursday 9 am to 5.30 pm and Saturday 10 am to 2.30 pm

Widnes Library

Victoria Square, Widnes WA8 7QY
0151 907 8383 widnes.library@halton.gov.uk
Open Monday, Wednesday and Friday 10 am to 5 pm Tuesday and Thursday 9 am to 7 pm and Saturday 10 am to 2.30 pm

Runcorn Library

Granville Street, Runcorn WA7 1NE
0151 511 7666
Open Monday 10 am to 5pm Tuesday 10 am to 6 pm Wednesday: closed, Thursday 9.30 am to 5 pm Friday 10 am to 5 pm, Saturday 10 am to 2.30 pm

Ditton Library

Queens Avenue, Widnes WA8 8HR
0151 424 2459
Open Monday 10 am to 5pm Tuesday 10 am to 6 pm Wednesday: closed, Thursday 9.30 am to 5 pm Friday 10 am to 5 pm, Saturday 10 am to 2.30pm

Organisations and Groups

Citizens Advice Halton

Unit 3 Lugsdale Road, Victoria Building, Widnes, WA8 6DJ
0151 257 2449
advice@citizensadvicehalton.org.uk

Digital Arts Box CIC

Basic introductory IT training, vocational training and industry digital arts and tech skills
Kingsway Leisure Centre, WA8 7QH
0151 433 2206

Halton Adult Learning

Kingsway Leisure Centre, WA8 7QH
0151 511 7788

Open360

Deliver a rolling digital inclusion programme to support Halton residents in getting online- teaching basics, offering device loans and access to a dongle and also offering advice on wellbeing and Cost of living support.

To find out more contact Peter
01928 592742/ 07901 565651

p.nunu@open360.co.uk
www.open360.co.uk

Learning

Learn My Way

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

www.learnmyway.com

Barclays Digital Wings

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

https://digital.wings.uk.barclays/

FutureLearn

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

www.futurelearn.com

Riverside

Youth Provision in Halton



Children's Centres

Brookvale Family Centre

Brookvale, Runcorn WA7 6BJ
Open Monday to Friday 8.30 am to 5:15 pm
01928 797 160
brookvaleccreception@halton.gov.uk

Halton Lodge Children's Centre

Grangeway, Runcorn, Halton WA7 5LU
Open Monday to Friday 8.30 am to 5:15 pm
0151 511 5050
haltonlodgereception@Halton.gov.uk

Windmill Hill Children's Centre

Norton Hill, Windmill Hill, Runcorn, WA7 6QE
Open Monday to Friday 8:30 am to 5:00 pm
01928 717 132
windmillhillccreception@halton.gov.uk

Ditton Children's Centre

Ditton Community Centre, Dundalk Road,
WA8 8DF
Open Monday to Friday 8:45 am to 5:15 pm
0151 420 5482
dittonccreception@halton.gov.uk

Kingsway Family Centre

Kingsway Learning Centre, Victoria Rd, Widnes,
Cheshire WA8 7QY
Open Reception Monday to Friday 9 am to 5 pm
0151 511 6222
kingswayccreception@halton.gov.uk

Upton Children's Centre

All Saints Upton C of E Primary School, Hough
Green Road, WA8 4PG
Open Monday to Friday 9 am to 4 pm
0151 257 2450
uptonchildrencentre@halton.gov.uk

Warrington Road Childrens Centre

Naylor Rd, Widnes, Halton WA8 OBS
Open Monday to Friday 8.30 am to 5:30 pm
0151 424 4686
warrington.roadreception@halton.gov.uk

Youth Support Services

YPAS Young People Advisory Service

YPAS offers a wide range of support, wellbeing
and therapeutic services for children, young
people and families in Merseyside.
YPAS North Hub, Croxdale Road West, Liverpool,
L14 8YA
0151 305 2040 support@ypas.org.uk

Muslim Youth Helpline (MYH)

0808 808 2008 help@myh.org.uk

Virtual KEEN

Inclusive online activities for young people
<https://www.keenuk.org/virtualkeen>

Halton Youth Cabinet

Halton Youth Cabinet is open to anyone in Halton
aged 11 – 18 who wants to work with local
decision-makers to ensure young people's voices
are heard. With direct links to Halton Borough
Council, Youth Cabinet has the ability to make a
real impact and improve the lives of young
people across Runcorn and Widnes.
07867 503 745 info@haltonyc.co.uk

Independent Travel Training

Independent Travel Training focuses on enabling
individuals with disabilities to travel
independently to and from school, college and
other social activities. It is open to young people
with any kind of additional need from 11 to 19
years of age.
itt@halton.gov.uk

Youth Provision in Halton



Connexions Career Connect

Careers advice and guidance For those not in education or training who are 16 - 18 years old or 19 - 24 years old with learning difficulties or disabilities.

To see a Connexions Adviser for help with job, Apprenticeship or course searches, CVs, application forms, interview preparation and more visit:

Grangeway Community Centre, Grangeway, Runcorn

Mondays and Tuesdays 1 pm to 4 pm

Box 18, Halton Stadium, Widnes Mondays and

Tuesdays 1 pm to 4 pm

Or ring to speak to a Young People

Caseworker: 0151 511 8834

Vibe

Vibe deliver a number of targeted support programmes for Young People. You can find out more by visiting - www.vibeuk.org

Foundry Community Church Youth Club

Ages 11 to 17

Foundry Community Church

Lugsdale Road, Widnes, WA8 6DA

Friday 7 pm to 8.30 pm

Four Estates

Weekly sessions for young people aged 10 to 13

Palace Fields Community Centre WA7 2UA

Halton Brook Community Centre WA7 2DY

4estatesyouth@gmail.com

West Bank Youth Club

Ages 8 to 18

Unit 4, Queensway Trading Estate, Waterloo

Road, WA8 0FD

0151 420 5605 activ.eecic@gmail.com

Tuesday 4.30 pm to 7.30 pm

SEND R US

SEND Group delivered at the Tea Tree Cafe

Visit their website to find out more

<https://send-r-us.com/contact-us>

Core Assets

Core Assets Children's Services, a leading provider of services to children and families, are working in partnership with Halton Borough Council to offer exciting FREE activity groups for children with disabilities aged 12 – 18 years.

Widnes group

Fortnightly Saturday groups 10 am to 1 pm at Upton Community Centre, Hough Green Rd, Widnes, Cheshire WA8 4PF

Runcorn Group

Fortnightly Saturdays groups 1.30 pm to 4:30 pm at Murdishaw Community Centre, Barnfield Avenue, Runcorn WA7 6EP

For more information contact Ross McCooley

07967381185; 01925846190

ross.mccooley@coreassets.com

Halton Play Children's Charity

Halton Play Children's Charity is dedicated to supporting children & families throughout Runcorn & Widnes through Play opportunities.

10 Mersey Road, Runcorn, Cheshire, WA7 1DF

Open Monday to Friday 9 am to 4 pm

01928 574087

Toy Library

Halton Play also have a toy library with a range of inclusive equipment that can be hired at a low cost.

For More Details contact Helen - 01928 574087

www.haltonplay.co.uk/toy-library

Youth Provision in Halton



Autism in Motion

St Georges hub, Waresley crescent L9 6BW
aimautism@hotmail.com

Al-Ghazali Centre: 'Youth Mental Health Support Programme'

Mental health workshops and activities for young people aged 12 to 18 years.
Addressing mental health promotion in youth outside of educational settings
35 Earle Road Liverpool L7 6HA
0151 734 3843 info@alghazalicentre.co.uk

Autism Adventures Training CIC: 'My Mental Health- What's OK?'

Project aimed at people with autism to improve understanding of and break down barriers to mental health, as well as providing tools and strategies to manage emotions and feelings
Addressing mental health promotion in youth outside of educational setting, financial insecurity, debt and loneliness
info@liverpoolautismadventures.co.uk

ADDvanced Solutions

ADDvanced Solutions Community Network encourages, equips and empowers children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.
0151 486 1788
info@advancedsolutions.co.uk

The Mix

Essential support for Under 25's, 365 days a year, for absolutely anything you're going through. You can contact them by phone, email or web chat. They also have an app. The website provides information and support for several mental health issues. **0808 808 4994**

Right to succeed

Support communities in areas of high deprivation to work collectively to give children and young people the best start in life.
To find out more visit
<https://righttosucceed.org.uk/contact-us/>

Halton Young Carers

Halton Carers' Centre, 62 Church Street, WA7 1LD
01928 580182
<https://haltoncarers.co.uk/young-carers/>

Mako Create

Mako Create provide the young people with the opportunity to participate in a variety of workshops involving digital arts and technology.
0151 345 1419 hello@makocreate.co.uk

National Services

National Citizenship Service

Delivers a range of experiences for young people across the UK. <https://wearencs.com/>
0800 197 8010

Duke of Edinburgh

Delivers a range of experiences for young people across the UK. www.dofe.org

Rise Above

Website containing interesting and useful stuff from the web and beyond to get young people talking about all the things that matter . You'll find inspiring and useful stories, videos, games and advice. Includes information on self help, confidence and stress. <https://riseabove.org.uk/>

National Support for Young People



Kooth – Online Counselling and Support (11-25)

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Access through www.Kooth.com

0203 984 9337 contact@kooth.com

PAPYRUS

PAPYRUS is the national charity dedicated to the prevention of young suicide.

HOPELINE247 advisers want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

- For children and young people under the age of 35 who are experiencing thoughts of suicide
- For anyone concerned that a young person could be thinking about suicide

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Line are open 24 hours every day of the year (Weekends and Bank Holidays included)

*If you are not able or prefer not to speak English, please request Language Line when calling for support.

Safe4Me

The Safe4me website provides educators, service providers and parents with information and resources to help educate, guide and support children and young people to keeping safe.

<https://www.safe4me.co.uk/support-services/>

National Services

National Citizenship Service

Delivers a range of experiences for young people across the UK.

<https://wearencs.com/> 0800 197 8010

Duke of Edinburgh

Delivers a range of experiences for young people across the UK.

<https://www.dofe.org/>

Virtual KEEN

Inclusive online activities for young people

www.keenuk.org/virtualkeen

Support for different identities and communities

Bayo - An online search tool to find mental health and wellbeing support or services, run by and for the Black community.

bayo.uk

Being Gay is OK - Provides advice and information for LGBTQIA+ people under 25.

bgiok.org.uk

Kids of Colour - Online platform for young people to learn about race, identity and culture, and to challenge racism. Offers a YouTube channel, summer school and workshops.

kidsofcolour.com

Mermaids UK - Support for transgender, nonbinary and gender-diverse people up to 18. Runs events, local groups, online courses and a webchat.

0808 801 0400

mermaidsuk.org.uk

National Support for Young People



Children's Centres

Children's centres bring together a range of free services for children from birth to five, and their families. Services vary at each centre according to local community needs but all centres provide child and family health, family support services and a range of parent and toddler activities.

Contact your local council to find out about Sure Start centres in England.

<https://www.gov.uk/find-local-council>

National Support Services

Youth Access

Youth Access works with organisations delivering support for young people. You can search their Find Help page to find support near you.

<https://www.youthaccess.org.uk/our-network/find-help>

National Youth Advocacy Service

The Get Support page offers a wide range of advice, guidance and support available for many issues affecting young people.

<https://www.nyas.net/get-support/>

Young Minds

Mental health support for young people, parents and carers. Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

www.youngminds.org.uk

Young Minds Textline: Text YM to 85258

The Mix

At The Mix, trained staff provide help for young people aged 11-25. This Mix isn't just about young people and mental health, they also provide support for relationship issues, working life, school life, housing, depression and any other issues all year round.

Support Available.

Crisis Messenger: If you feel like you can't cope or are worried about how you are feeling, you can contact the crisis messenger 24 hours a day, 7 days a week by texting **THEMIX** to **85258**. The text messaging support service is free and for any issue.

Email Support: The Mix can help you find the information you need.

<https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

One-to-one chat One to one chat allows you to live message trained helpline supporters about any issue that is troubling you. The one-to-one chat is open from 4pm to 11pm, Monday to Friday.

<https://www.themix.org.uk/>

Mind - Useful contacts for supporting Children and young people

<https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/>

National Support for Young People



Muslim Youth Helpline - Provides faith and culturally sensitive support to young Muslims by phone, webchat, WhatsApp and email.

0808 808 2008
myh.org.uk

The Proud Trust - Support for LGBTQIA+ young people through youth groups, peer support, mentoring schemes and a webchat.

0161 660 3347
theproudtrust.org

Stonewall - Information and advice for LGBTQIA+ people on a range of issues, like coming out and hate crimes. Provides an information phoneline for people and their families.

0800 050 2020
stonewall.org.uk

Switchboard - Provides a helpline, webchat and nationwide database of LGBTQIA+ services. A safe space to discuss topics like sexuality, gender identity and wellbeing.

0800 0119 100
hello@switchboard.lgbt
switchboard.lgbt

Support for grief, trauma and abuse

Help 2 Make Sense - Advice and resources for coping with grief, plus an email helpline and webchat. **help2makesense.org**

Child Bereavement UK - Help for children, young people, parents and families after the death of someone close. Offers support through local services, groups for young people, plus films and blogs.

0800 028 8840
childbereavementuk.org

Hope Again - Information, resources and support for young people coping after the death of someone close.

0808 808 1677
hopeagain@cruse.org.uk
hopeagain.org.uk

Kidscape - Information and advice for young people, parents and carers with concerns about school bullying and abuse.

kidscape.org.uk

Stop Hate UK - Offers a 24-hour phone and text service for people under 18 who have experienced or seen a hate crime. Provides an online service for reporting hate crimes.

0808 801 0576
07717 989025 (textline)
stophateuk.org

Victim Support - Emotional and practical support for people affected by crime and traumatic events. Offers specific information for young people.

0808 168 9111

Family Support in Halton



CAMHS

Child and Adolescent Mental Health Services – also known as CAMHS – support children and young people up to age 18 with their emotional and mental health and wellbeing.

01928 568 162

CAMHS Crisis line

CRISIS LINE: 01744 415 640

You can contact CAMHS crisis response team 24 hours a day seven days a week.

Cheshire Autism Practical Support (CHAPS)

A registered charity set up by parents to provide support for families with Autism Spectrum Condition or Aspergers Syndrome whether diagnosed or not. Supporting families and providing many activities every month.

The Old Police Station, Mersey Road, WA7 1DF

0344 850 8607

info@cheshireautism.org.uk

Halton Families Information Service

Halton Families Information Service (FIS) is a free, impartial service giving detailed information on local childcare and a wide range of services for children and young people aged 0-19 years and their families in Halton.

0151 511 7375 haltonfis@halton.gov.uk

Groups

BABY & ME (4-12 months old)

Windmill Hill Children's Centre, Norton Hill
Windmill Hill, Runcorn WA7 6QE

Friday 1.30 pm to 2.30 pm

windmillhillccreception@halton.gov.uk

01928 717132

Baby Sensory

Ditton Community Centre, Dundalk Road,
Widnes WA8 8DF

Tuesdays 9 am to 12 pm

0151 511 8210 DittonCC@halton.gov.uk

For support during the school holidays

MPAC

MPAC have a list of organisations that deliver food support and activities during the school holidays. To find out more visit:

<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

Period and Hygiene Product Support

Many food banks, pantries and community centres will have access to free sanitary products.

Bloody Good Period -

hello@bloodygoodperiod.com

Morrisons - Package for Sandy

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for 'Sandy' or a 'period product pack'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

Freedom4Girls - provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

<https://www.freedom4girls.co.uk/request-products/>

National Support for families



Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

<https://www.nhs.uk/start-for-life/>

Family Action

Family Action supports families who are in financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, or substance misuse and alcohol problems.

You can search activities and support local to you by visiting: <https://www.family-action.org.uk/worried/in-your-area/>

Baby Banks

A baby bank works in a similar way to a food bank, but instead of giving out food, families can get free baby items. This can include nappies and toiletries, clothing, cots, prams, highchairs and toys.

Baby banks don't only provide help for babies, however. With some you may be able to get clothing and items for children up to age sixteen. You can find baby banks near you by visiting <https://littlevillagehq.org/uk-baby-banks/> <https://www.babybankalliance.org/baby-bank-map> <https://baby-basics.org.uk/>



Older People Support in Halton



Age UK Advice Line - 0800 678 1602

Tax Help for Older People

01308 488066 taxvol@taxvol.org.uk

Dementia UK - 0800 888 6678

Re-engage

Group and one-to-one social activities will help older people connect with others.

0800 716543

The Silver Line - 0800 4 70 80 90

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Omega (befriending service for caregivers / carers)

Chatterbox Action Against Loneliness telephone chat

01743 245088 chatterbox@omega.uk.net

A Letter from Louise pen pal befriending

01743 245 088

aletterfromlouise@omega.uk.net

Merseyside Fire & Rescue Services: Home Fire Safety Checks

If you live in Merseyside, you can phone **0800 731 5958** for **free** fire safety advice or to request a Home Fire Safety Check visit

Merseyside Dementia Friendly Radio

Independent, online radio station that is run in collaboration with and for the benefit of those who live in the Merseyside area whose lives are affected by dementia. vianat@mdfr.co.uk

07768 139708 nat@mdfr.co.uk

City Wide Support

Liverpool Cares

Liverpool Cares is a community network of younger and older neighbours hanging out and helping one another in our rapidly changing city.

Liverpool Cares,

Studio D, Baltic Creative, 49 Jamaica Street, Liverpool, L1 0AH

0151 659 1789 liverpoolcares.org.uk

The Brain Charity

Helping people with all forms of neurological conditions to lead longer, healthier, happier lives
Norton Street, Liverpool, L3 8LR

0151 298 2999

Bradbury Fields

services for Blind and Partially Sighted People
The Bradbury Centre, Youens Way, Liverpool, L14 2EP.

0151 221 0888 ext 214

jabdullah@bradburyfields.org.uk

Local Solutions

Liverpool Carers Centre delivers a city wide community based programme of activities and training that ensures a range of support is available to unpaid carers in Liverpool

0151 705 2307

healthandwellbeing@localsolutions.org.uk

AbilityNet

Free computer support to disabled people and older people, provided by volunteers.

0800 048 7462 enquiries@abilitynet.org.uk



Riverside Older People Support in Halton



Community groups and activities

50+ Fitness

Fitness sessions for the over 50's.
101 Widnes Road, Widnes, WA8 6BJ
Tuesdays 11 am to 11.45 am
0151 511 8550
mail@phoenixfitnessstudios.co.uk

A Good Yarn knitting, crochet & more

Runcorn Library, Granville St, Runcorn WA7 1NE
Every other MONDAY from 2 pm to 3.30 pm
0151 511 7744

Active Bingo Widnes

Frank Myler Pavilion Liverpool road, Widnes WA8
Every Wednesday
0151 511 8550

Active Bingo Runcorn

Priory View, 233 Lockgate, Windmill Hill, WA7 6LF
Every Friday from 6.30 pm to 9 pm
07703 963755 shar-chi@hotmail.com

Bingo

St Andrew's Church, 27 Linkway, Runcorn WA7 5EJ
1st Friday of Month
01928 830170

Badmington - No Strings

Kingsway Leisure Centre, Widnes, WA8 7QH
Tuesday 9.30 am to 11.30 am & Thursday 7.30 pm
to 9.30pm
bob-redmond@outlook.com

Badminton for Mature Movers (Panters)

Kingsway Leisure Centre, Widnes, WA8 7QH
Tuesday at 7.30 pm
0151 495 2200

Smile TLC LTD (supports those affected by dementia)

Organises social events and support to people living with dementia and their family members.
0151 374 0112 support@smile-tlc.co.uk

Bowls

Grangeway Community Centre WA7 5HA
First, third and 4th Mondays of the month,
11 am to 2 pm
0151 511 8610 GrangewayCC@halton.gov.uk

Age UK Mid Mersey

Age UK Mid Mersey is a charitable organisation that operates to promote and provide older people in in St Helens, Halton and Warrington with a holistic range of health, wellbeing and care services so that individuals have more choice and control in their everyday lives. They also run a number of activity groups and you can contact them to find out more about the dates, times and locations.

Walk in to see them: 44 Church St, Runcorn, WA7 1LR and Widnes Market - Stall number K3-K4
0300 003 1992
enquiries@aukmm.org.uk

Age Well Exercise Halton

Qualified instructors help older people with tailored exercises to reduce risk of fall by improving strength and balance.

Speak to your GP about joining classes.
hdl@halton.gov.uk

Alzheimer's Society

The Alzheimer's Society offer support and information for people effected by dementia.
Dementia Connect support line: 0333 150 3456



Riverside Older People Support in Halton



Cinnamon Trust

The National Charity for the elderly, the terminally ill and their pets. Support with pets for example, walk a dog every day for a housebound owner, foster pets when owners need hospital care, collect cat food, or clean out the bird cage, etc.

01736 757 900

<https://cinnamon.org.uk/contact-us/>

Community Bridge Builders

Community Bridge Builders is a service provided by Halton Borough Council that supports people with disabilities, older people and carers to access mainstream services to meet the need for social inclusion, through one to one support.

0151 511 8772

Eat at the Heath

Eat at the Heath is a relaxed and friendly environment inviting along older people to come alone or with friends to weekly and monthly meetings to socialise and meet new people.

01928 511 151 (or) 07761 573883

eileen.miller@sog.ltd.uk

Halton Carers Centre

Halton Carers' Centre is one of 150 Carers' Centres working to reach carers and develop services for them across the country. If you look after someone (no matter your age) all you need to do to register as a carer with Halton Carers' Centre is ring, email or call in.

Centre: Halton Carers' Centre, 62 Church Street, Runcorn, Halton, WA7 1LD.

Office: St Marie's, Lugsdale Road, Widnes, Halton, WA8 6DB.

01928 580182 or 01928 592405

help@haltoncarers.co.uk

Smile TLC LTD (supports those affected by dementia)

Organises social events and support to people living with dementia and their family members.

0151 374 0112 support@smile-tlc.co.uk

Bowls

Grangeway Community Centre WA7 5HA
First, third and 4th Mondays of the month,
11 am to 2 pm

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0300 003 1992

enquiries@aukmm.org.uk

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Alzheimer's Society

The Alzheimer's Society offer support and information for people effected by dementia.

Dementia Connect support line: 0333 150 3456

National Support for Older People



Age UK - Age UK's Advice Line is a free, confidential national telephone service for older people, as well as their families, friends, carers and professionals. The team will give you information that's reliable and up to date and help you access the advice you need.

Age UK Advice Line: 0800 678 1602

Lines are open 8 am to 7 pm, 365 days a year

The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. We provide friendship, conversation and support 24 hours a day, 7 days a week.

Call free on 0800 4 70 80 90

Age UK day centres provide older people with both practical assistance and a chance to socialise, with support from trained staff and volunteers. You can find services in your area by visiting

<https://www.ageuk.org.uk/services/in-your-area/day-centres/>

IT Training - Many local Age UKs offer computer training for older people. In these courses, things are explained clearly and in plain English to help you get online. You can find services in your area by visiting

<https://www.ageuk.org.uk/services/in-your-area/it-training/>

Handyperson service - This service offers older people extra help with small practical jobs to make their lives easier and safer around the home. You can find services in your area by visiting -

<https://www.ageuk.org.uk/services/in-your-area/handyperson-services/>

Social Activities - Each local Age UK has its own timetable of clubs and classes. Examples include Arts & Crafts, Bridge group, Coffee morning, Men in Sheds, Photography club, Pub lunch, Quizzes, Tea dance and much more.

You may need to book a place in the class and you will usually pay a small amount to take part.

You can find services in your area by visiting **<https://www.ageuk.org.uk/services/in-your-area/social-activities/>**

Friends of the Elderly - Grants for older people

Friends of the Elderly's grants programme is designed to assist older individuals facing financial difficulties. Grants can be used to cover essential expenses such as purchasing a new fridge, paying unexpected bills, food, clothing, or covering gas and electricity costs.

<https://www.fote.org.uk/our-charity-work/grants-2/>

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.

08088088141

Ability Net

Ability Net has a UK-wide network of Tech volunteers who offer free technology support to older people and disabled people. You may need help to set up a new device, connect to the internet, have a problem with a computer virus or require support to connect to family and friends online.

0300 180 0028

<https://abilitynet.org.uk/free-tech-support-and-info/about-our-support>

Mental Health and Wellbeing Support in Halton



Liverpool Support Services

Liverpool and Sefton

Anyone aged 16 and over

For urgent mental health support, please call our **24/7 freephone helpline: 0800 145 6570**

Liverpool CAMHS (age 0 to 25)

FRESH Building, Alder Hey Children's Hospital, Liverpool, L12 2AP

0151 293 3662

camhs.referrals@alderhey.nhs.uk

Crown Hub

Crown hub is a day service offering support to adults experiencing mental health issues. This is a short term re enablement service offering support for up to 6 – 10 weeks.

Crown Hub, Crown Street, Liverpool, L7 3LZ

0151 233 3800

Crownhub@liverpool.gov.uk

Priority Youth Project: 'Priority Youth Counselling Support Programme'

A 1-1 counselling service for children and young people aged 8-19 years.

Addressing mental health promotion in youth outside of educational setting

St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA

07523 650 956 hello@priorityyouth.co.uk

The Comedy Trust: 'Laughter After Loss'

Workshops, drop-ins and discussion groups to for adults following a bereavement, supporting their journey through the power of laughter.

Royal Court Theatre, 1 Roe Street, L1 1HL

0151 702 5893 info@thecomedytrust.com

Halton Home Treatment Team (Brooker Centre)

The Home Treatment Team provides intensive home support for adults with mental health problems in Halton to support them to manage their conditions in a community setting and prevent readmission to hospital. The team involves families and carers, using a flexible approach which provides an alternative to inpatient admission and supports early discharge from hospital. The Home Treatment Team can visit you at home or in another community setting if you'd prefer. The service is available from 24 hours a day, seven days a week, 365 days a year.

The Brooker Centre, Hospital Way, WA7 2DA

Vine Street Resource Centre, 30A Widnes

Road, Widnes. WA8 6AD

01925 664 000

Liverpool Bereavement Service Service

1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF

0151 236 3932 (9am to 5pm)

enquiries@liverpoolbereavement.co.uk

Mersecare

Mersey Care is one of the largest NHS trusts providing physical health and mental health services in the North West, serving more than 1.4 million people across our region and are also commissioned for services that cover the North West, North Wales and the Midlands.

If you need help in a mental health crisis, you can contact your local 24/7 mental health crisis line (Freephone):

Mental health crisis line for people in Halton, Knowsley, St Helens and Warrington:

0800 051 1508

Mental health crisis line for people in Wigan:

0800 051 3253

Mental Health and Wellbeing Support in Halton



MIND Halton

Mind Halton offer counselling, peer support, social groups wellbeing information and support.

3 Wellington Street, Runcorn, Cheshire WA7 1LB

01928 563612

info@mindhalton.org.uk

Recharge and Restore

Their mission is to help you to feel recharged and restored; able to go about your day and your week with more clarity and feel better after a bereavement.

07808 160315 or 07533 044283

info@rechargeandrestore.co.uk

Change Grow Live (CGL) Integrated Recovery Service.

Help people experiencing problems with drugs and alcohol in Widnes and Runcorn.

76 High Street, Runcorn. WA7 1AF

Aston Dane Building, Waterloo Road, Widnes.

WA8 0QR

0151 422 1400 halton.info@cgl.org.uk

Nightstop

Safe & secure Emergency Accommodation for vulnerable young people (16-35yrs old). They Also offer Mental Health Support services, Counselling, Anger Management, Mediation and Property pathway support to children and adults.

194 Warrington road, Widnes. WA8 0AT.

0151 345 6454

info@nightstopcommunitites.co.uk

Wellbeing Enterprises

Overcome whatever challenges you're facing in life including Relationship difficulties, Bereavement, Financial problems, Housing issues, Low confidence or Stress. Our Wellbeing Link Workers are here to help you find the right solution. Talk with us today and together we will make a plan to get you on the right path.

T: 01928 589799

<https://www.wellbeingenterprises.org.uk/>

Addiction

GamCare - Support for those struggling with a gambling addiction.

0808 8020 133

Alcoholic's Anonymous

Further information about the local meetings or A.A. group can be obtained by contacting

National Helpline 0800 9177 650

help@aamail.org

Narcotics Anonymous

Further information about the St Helens support group can be found by calling Helpline and general enquiries: **0300 999 1212**

Frank - Advice, information and support for anyone concerned about drugs and substance misuse.

Helpline: 0300 123 6600 24/7 Text 82111

National Mental Health and Wellbeing Support



Mind

Mind offers help and support to those who need it most. There's more than 100 local Minds across England and Wales, offering specialised support and care based on the needs of their communities.

Local Minds run mental health services in local communities. Anyone can get in touch – you don't need to have a GP referral. Each local Mind is different, but the services they offer might include:

- Talking therapy
- Crisis helplines
- Advocacy
- Employment and training schemes
- Counselling
- Befriending services

To find support near you visit

<https://www.mind.org.uk/information-support/local-minds/>

Samaritans - To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or visit some branches in person. To find your local branch visit <https://www.samaritans.org/branches/>

SANEline - If you're experiencing a mental health problem or supporting someone else, you can call **SANEline** on **0300 304 7000 (4.30pm–10pm every day)**.

National Suicide Prevention Helpline UK.

Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652 (6 pm to midnight every day)**.

Campaign Against Living Miserably (CALM).

You can call the CALM on **0800 58 58 58** (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service. <https://www.thecalmzone.net/get-support>

Shout - If you would prefer not to talk but want some mental health support, you could text **SHOUT** to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

Side by Side - Minds online support community. A place to be heard, listen and share. <https://sidebyside.mind.org.uk>

Togetherall - A safe community to support your mental health, 24/7. Get support. Take control. Feel better. <https://togetherall.com/en-gb>

Hub of Hope

The Hub of Hope is the UK's leading mental health support database of local, national, peer, community, charity, private and NHS mental health support and services together in one place. Support available online or through the Hub of Hope App. <https://hubofhope.co.uk/>

Mental Health Matters - National Support service providing help for those struggling with their mental health **0191 516 3500** info@mh.org.uk

Depression UK

<https://www.depressionuk.org/>

National Domestic Abuse Services



If you are in immediate danger, call 999 and ask for the police.

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

If you are deaf or can't use a phone

You can register with the emergencySMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

Bright Sky app

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Ask for ANI codeword

If you are experiencing domestic abuse and need immediate help, ask for ANI (Action Needed Immediately) in participating pharmacies and Jobcentres

When you ask for ANI, you will be offered a private space, provided with a phone and asked if you need support from the police or other domestic abuse support services.

To find your nearest participating provider, search using the postcode checker on the Ask for Ani page on the Enough website.

<https://enough.campaign.gov.uk/get-support/ask-for-ani>

Refuge - Refuge offers a freephone, 24 hour National Domestic Abuse Helpline, Webchat, advice and guidance on what support is available to you.

Helpline - 0808 2000 247

Webchat - <https://www.nationaldahelpline.org.uk/en/Chat-to-us-online>

Women's Aid

Women's Aid's directory contains details of local, regional and national services specialising in violence against women and girls including domestic abuse, sexual violence, forced marriage and stalking/harassment.

<https://www.womensaid.org.uk/womens-aid-directory/>

If you are experiencing domestic abuse or are worried about friends or family, you can access the Women's Aid live chat service 7 days a week, 10am to 6pm.

helpline@womensaid.org.uk

The National Domestic Abuse Helpline – 0808 2000 247

Domestic Abuse Services in Halton



Choices – 0800 917 9948

The Mankind

A confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

Helpline [01823 334244](tel:01823334244) open Monday to Friday 10am to 4pm

The website also includes a directory of services called the Oak Book Directory. This can be found by visiting <https://mankind.org.uk/help-for-victims/directory/>

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence
0300 999 5428

Rise

Freedom from Abuse and Violence
<https://www.riseuk.org.uk/>

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.
08088088141

Galop

Galop exists to help those who are lesbian, gay, bisexual or trans-plus (LGBT+) suffering domestic abuse, or biphobia, homophobia, transphobia or sexual violence.
800 9995 428.
<https://galop.org.uk/>

Charities and Grants

Heinz, Anna and Carol Kroch Foundation

Search by visiting
<https://grants-search.turn2us.org.uk/>

Smallwood Trust - www.smallwoodtrust.org.uk

Skinner's Benevolent Trust -

www.skinner.org.uk/sbt

Family Support

NSPCC Helpline - 0808 800 5000

Childline - 0800 1111

Family Action

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

Dogs Trust Freedom Project

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project

Cats Protection Paws Protect

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

www.cats.org.uk/what-we-do/paws-protect

Domestic Abuse Services in Halton



National Support - Domestic Abuse

Government Support -

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Support from a Job Centre

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

Citizen's Advice

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

Victim Support

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

Support line 08 08 16 89 111

IKWRO Women's Rights Organisation

Support for Middle Eastern, North African and Afghan survivors.

0208906460

07846275246 Kurdish/Arabic and English Speakers

07846310157 Farsi/Dari and English Speakers

Jewish Women's Aid - 0808 801 0500

Muslim Women's Network

0800 999 5786 or 0303 999 5786

info@mwnhelpline.co.uk

SignHealth

Support for Deaf and hard of hearing
020 39472601 or text 07970 350 366

da@signhealth.org.uk

ManKind Initiative helpline for male victims of domestic abuse - 01823 334244

Liverpool Support

Merseyside Domestic Violence Services (MDVS)

PO Box 200, Liverpool, L14 9WU

07802 722703 info@mdvs.org

Local Solutions - Independent Domestic Violence Advisory Service (IDVA)

0151 709 0990 info@localsolutions.org.uk

PSS: Domestic abuse support

0151 702 5500 ruby@pss.org.uk

Liverpool Domestic Abuse Service (LDAS)

07923 232327/0800 084 2744 / 0151 263 7474

The Crossing Point - Domestic Abuse Service

Free Confidential Domestic Abuse Service working with women, men, and young people.

07731 878076 info@thecrossingpoint.co.uk

Halton Domestic Abuse Service

Support for anyone suffering from domestic abuse or violence. In an emergency situation always dial 999. Otherwise don't suffer in silence if you or someone you know is suffering from domestic violence and abuse, call or text **Halton Domestic Abuse Service on 0300 11 11 247.**

National Support for Disabilities



Government Support

There is a wide range of disability-related financial support, including benefits, tax credits, payments, grants and concessions.

Some benefits you might get are:

- Universal Credit
- Personal Independence Payment (PIP) or Disability Living Allowance (DLA)
- Attendance Allowance
- New Style Employment and Support Allowance (ESA)

Vehicles and transport

If you're disabled you can apply for the following:

- exemption from paying vehicle tax
- parking benefits - Blue Badge
- disabled persons bus pass or Disabled Persons Railcard
- help to buy or lease a car from The Motability Scheme

To find out more visit

<https://www.gov.uk/financial-help-disabled>

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability. Access to work may pay for

- special equipment, adaptations or support worker services to help you do things like answer the phone or go to meetings
- help getting to and from work
- mental health support
- communication support at a job interview (for example, a British Sign Language interpreter or a lipspeaker)

<https://www.gov.uk/access-to-work>

Disability Rights UK

Disability Rights UK is the UK's leading organisation led by, run by, and working for disabled people. To find out more visit <https://www.disabilityrightsuk.org/>

Citizens Advice

Citizens Advice can offer advice, support and guidance in finding what support is available to you. To find out more visit

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/>

Scope

Scope provide practical information and emotional support when it's most needed.

Free disability helpline - **0808 800 3333**

Open Monday to Friday 9am to 6pm. Saturday to Sunday 10am to 6pm.

helpline@scope.org.uk

To access the support services and resources available visit

<https://www.scope.org.uk/advice-and-support/legal-information-and-your-rights/>

Money Helper

The Money Helper website provides resources and information to help those living with a disability to find the support that is available to them.

<https://www.moneyhelper.org.uk/en/benefits/benefits-if-youre-sick-disabled-or-a-carer/charitable-grants-for-ill-or-disabled-people>

RNIB

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

0303 123 9999

National Support for Disabilities



Mencap

Mencap is a UK learning disability charity working with people with learning disabilities and their families and carers.

02074540454

information@mencap.org.uk

www.mencap.org.uk

National Autistic Society

The National Autistic Society is a charity which exists to champion the rights and interests of all people with autism and to ensure that they and their families receive quality services appropriate to their needs.

02078332299 nas@nas.org.uk

www.autism.org.uk

British Institute of Learning Disabilities (BILD)

A charity that exists to improve the quality of life of all people with a learning disability.

01562723010 enquiries@bild.org.uk

www.bild.org.uk

Disability Law Service

Disability Law Service offers a National Advice Line that provides specialist legal advice and information for disabled people, their families and carers.

02077919800 advice@dls.org.uk

www.dls.org.uk

HFT - Family Carer Support Service

The HFT Family Carer Support Service offers a variety of information and support to family carers.

01179061751

familycarersupport@hft.org.uk or info@hft.org.uk

www.hft.org.uk

Respond

Services for people with learning disabilities or autism, who've experienced abuse or trauma.

0207 383 0700 respond.org.uk

United Response

Support in England and Wales for people with learning disabilities, autism and mental health needs. Services include help with housing, supported living, education and employment.

unitedresponse.org.uk

Turning Point

Health and social care services in England for people with a learning disability. Also supports people with mental health problems, drug and alcohol abuse or unemployment.

turning-point.co.uk

Equality Advisory & Support Service (EASS)

Advice on issues relating to equality and human rights, including guidance for disabled people.

0808 800 0082

equalityadvisoryservice.com

Livability

Christian organisation providing care services for disabled people in England and Wales

020 7452 2110

livability.org.uk

Foundation for People with Learning Disabilities (FPLD)

Promotes the rights of people with a learning disability, and their families. FPLD also offer an easy-read online resource to help people with a learning disability to take care of their mental health.

learningdisabilities.org.uk

CHANGE

Helps organisations to support the rights of people with a learning disability. Its services include producing Easy Read resources and providing accessibility training.

changepeople.co.uk

National Support for Disabilities



Support for Carers

Mind

Being a carer can often be stressful and can have an impact on your mental health. Mind offers support to anyone who may be struggling.

Mind's helplines provide information and support by phone and email.

0300 123 3393 info@mind.org.uk

Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

<https://www.mind.org.uk/information-support/local-minds/>

Side by Side is Mind's supportive online community for anyone experiencing a mental health problem.

<https://www.mind.org.uk/information-support/local-minds/>

Benefits for carers

You might not think of yourself as a carer. But you probably are if you're looking after someone regularly, including your spouse or a family member, because they're ill or disabled.

As a carer, you may be entitled to one or more state benefits to help you with the costs.

To find out more visit

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/benefits-for-carers/>

Carers UK

Carers UK is an online resource for those caring for someone. There is lots of helpful advice, guidance and resources available to support you.

0808 808 7777

advice@carersuk.org

To find out more visit

<https://www.carersuk.org/>

The Carers Trust Network

Carers Trust works with charities across the UK providing support for carers.

<https://carers.org/>

Disability Support in Halton



Employment Support

Government Support

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

Citywide Support

The Brain Charity

Norton Street, Liverpool, L3 8LR
0151 298 2999

<https://www.thebraincharity.org.uk/>

Mencap

Mencap Cottage House 6-8 Mariners Road L23 6SX
<https://yournetwork.mencap.org.uk/group/512>

0151 707 8582

Strawberry Field

Beaconsfield Road, Liverpool L25 6EJ
0151 252 6130

Community Integrated Care

Information@c-i-c.co.uk
Phone: 0800 2218 522

Activities and support

The Advocacy Hub

The Advocacy Hub at Healthwatch Halton brings together a range of statutory advocacy services, through a single point of access, making it simpler and easier for people to get the right support they need from an advocate when they need it.

www.healthwatchhalton.co.uk/advocacy-hub

0151 347 8183

advocacy@weareecs.co.uk

Asthma + Lung UK

The UK's leading asthma charity. Offer support and information for people affected by Asthma. Runs a helpline ran by a team of health care advisors and respiratory nurse specialists who can support you with expert asthma advice.

0300 222 5800

helpline@asthmaandlung.org.uk

BSL 999 UK emergency relay service

999 BSL is an emergency VRS service for Deaf BSL users to contact the emergency services through an interpreter.

Available 24/7 through the website, iOS or Android. BSL users can contact the Police, Ambulance, Fire service or Coastguard using this service. For Emergency use only.

How the service works: You use 999 BSL app or Website to make a call to 999, it will go to British Sign Language (BSL) interpreter first, who will appear on the screen. The BSL interpreter will then call the 999 operator through landline and will relay the conversation.

Deafness Resource Centre

The Deafness Resource Centre provides services that aim to empower, support and enhance the quality of life of D/deaf people in the St Helens, Halton and Knowsley areas.

- Information & Advice
- BSL & Deaf Awareness Training
- Advocacy for Deaf people
- Youth, Children & Families Support Services
- Room Hire & Meeting Facilities
- Interpreting
- Equipment

01744 23887 (voice) 07722095710 (text)

Disability Support in Halton



Ella Together

Ella is a performing arts school for people aged from 4 to 74. They have a specialism around learning disabilities and have found that they are able to offer the same training to both people with additional needs, and to their non-disabled peers.

**Higher House, (next to Brookvale Community Centre) Northwich Rd, Brookvale, WA7 6PE
01928 713877**

Halton Community Transport

Halton Community Transport provides safe, affordable, comfortable and accessible transport to both individuals and community-registered groups with special transport needs in the Halton area.

33 Ditton Road, Widnes, WA8 0PP
manager@haltoncommunitytransport.co.uk

Halton Disability Partnership

Founded in 2010 to support people with disabilities.

Hold a register of Personal Assistants (PAs) in health and social care, who work with people with disability or mental health needs, in a way that enables choice and control without the stress and anxiety of managing the process.

Sefton House, Public Hall St, Runcorn WA7 1NG
01928 24893 hello@haltondp.co.uk

Halton Health Improvement Team

Across the life span services to promote and improve mental and physical health and wellbeing, including:

- Infant Feeding and Breastfeeding Support
- Stop Smoking Services
- Fresh Start Weight Management
- Age Well Exercise Classes
- Exercise on Referral Classes (for people with conditions including cardiac, pulmonary, stroke, back pain).

0300 029 0029 HIT@halton.gov.uk

Halton Independent Living Centre

Halton's Independent Living Centre is a resource centre for anyone who wants to know more about equipment for independent living. It is for people with disabilities and their carers, professionals and other organisation.

**Collier Street, Runcorn, Cheshire WA7 1HB
01928 582920**

Halton SEND Parent Carers Forum

Halton SEND Parent Carer's Forum offers a voice for parents and carers living in Halton with children with a disability or special education needs. Supporting contact for parent carers and service providers in Halton.

07784240161 info@haltonsendpcf.org.uk

Halton SEND Partnership

Halton SEND Partnership is here for;

- Young people with Special Educational Needs and Disability
- Parents and carers of Children and Young People who have Special Educational Needs and Disability

If you need information, advice, guidance or support on any issues that are affecting your own, or your child's education contact for confidential, free, impartial information.

0151 511 7733

SENDpartnership@halton.gov.uk

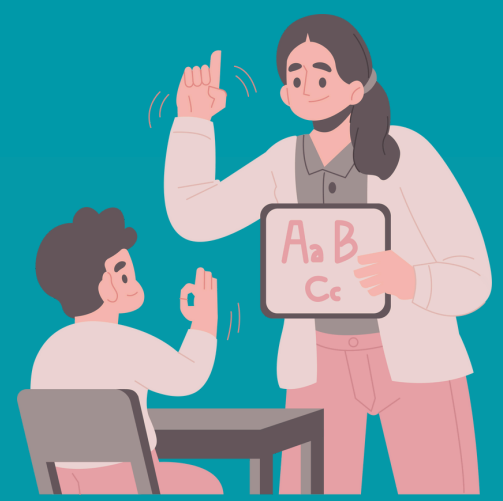
Halton Sensory Service

Fully integrated sensory service geared to meeting the diverse needs of people with sensory loss.

Offer a wide range of free services including home equipment, Advocacy, befriending, talking books.

0151 511 8801/07988 095 668

Disability Support in Halton



Halton Speak Out

A self advocacy group for people with learning difficulties. Working with Self Advocates, Family Members, Staff Teams and Professionals to help people get better lives and have a voice.

01928 795171

Learning Disability Community Team

Supports adults in Halton who have difficulties using mainstream adults' health services because of a learning disability. This could be for a number of reasons, such as problems communicating or problems with mobility.

Halton Learning Disability Community Team, Bridges Learning Centre, Crow Wood Health Park, Crow Wood Lane, Widnes, WA8 3LZ

0151 351 8899

Making Space

Provide a variety of community-based support, including: early intervention and prevention, health and wellbeing, befriending and rehabilitation services. They also have an employment development service which support individuals to a build their confidence.

Lyne house, 46 Allen Street, Warrington. WA2 7JB

01925 571680

enquiries@makingspace.co.uk

Mencap

Mencap is a national UK charity representing the views and daily experience of people with a learning disability and their families. Everything it does is about valuing and supporting people with a learning disability, and their families and carers.

0808 808 1111 (9am to 3pm, Monday to Friday)

helpline@mencap.org.uk

Sam's Dimonds

Sam's Diamonds' is a women's cancer support group who provide positive experiences, direction and opportunities with ladies who understand how you are feeling and who refuse to let cancer stop them in their tracks.

St Maries, Lugsdale Rd, Widnes, WA8 6DB

01928 593113

admin@samsdimonds.org.uk

SeeAbility

SeeAbility specialise in supporting people who have learning disabilities or who are autistic, who may also have sight loss or complex support needs, to live ambitious lives and achieve things they never thought possible. Whether that is forming more friendships and relationships, enjoying new experiences and activities or finding employment.

01372 755 000

enquiries@seeability.org

The Autism Wellbeing Project

Based in Halton, the Autism Wellbeing Project offer autism-specific therapy designed to meet a persons unique needs and preferences, creating a comfortable and inclusive environment.

07709095868

hello@theautismwellbeingproject.co.uk

Migrant and Multi-Cultural Support in Halton



Liverpool Muslim Society and Al Rahma Mosque

29-31 Hatherley St, Liverpool L8 2TJ
0151 709 2560
info@liverpoolmuslimsociety.org.uk

Christ Church Norris Green - Triple C

The Church of the Good Shepherd, Lower House Lane L11 2SF
07871 914364 0151 226 2992
info@triplecliverpool.org

Pagoda Chinese Community Centre

Pagoda Arts Henry Street, Liverpool, L1 5BU
Email: info@pagodaarts.org.uk
Tel: 07542339019

4Wings - Support for women

Church House, 1 Hanover Street, L1 3DN
0151 558 1442 info@4wings.co.uk

Amadudu Women's Refuge

0151 734 0083 info@amadudu.org

Muslim Community Helpline

0208 904 8193 or 0208 908 6715
ess4m@btinternet.com

Savera UK

151 Dale Street, Liverpool, L2 2AH
0800 107 0726 info@saverauk.co.uk

Liverpool Malayalee Association

07736 352874 limaliverpool@gmail.com

Kadampa Meditation Centre (KMC) Liverpool

0151 726 8900
info@meditationinliverpool.org.uk

Osun Arts Foundation: African arts and culture

Osun Foundation, The Old Saint Lawrence School Building, Westminster Road, Liverpool, L4 3TQ
0151 922 2911 sunartsfoundation@gmail.com

Liverpool Irish Centre - Sláinte Le Chéile Health Together

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG
0151 263 1808 info@liverpoolirishcentre.org

Merseyside Jewish Community Care (MJCC) - Key services

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL
0151 733 2292 info@mjccshifrin.co.uk

Al-Ghazali Multicultural Centre

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD
0151 734 3843 info@alghazalicentre.co.uk

Liverpool Arabic Centre (LAC)

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP
0151 727 2855
info@liverpoolarabiccentre.org.uk

Merseyside Polonia

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP
0151 237 2674 info@merseysidepolonia.com

Muslim Youth Helpline (MYH)

0808 808 2008 help@myh.org.uk

Mary Seacole House

91 Upper Parliament Street, Liverpool, L8 7LB
0151 707 0319 info@maryseacolehouse.com

Migrant and Multi-Cultural Support in Halton



Pal Multicultural Centre

68A Mulgrave St, Liverpool L8 2TF
0151 708 9669

The Kuumba Imani Mellinum Centre

4 Princes R, Liverpool, L8 1TH
0151 708 5278 0741 477 51 51
Info@Moulana.co.uk

Florrie

377 Mill St, Liverpool, L8 4RF
0151 728 2323 info@theflorrie.org

Liverpool Arabic Centre: 'Your Safe Space'

A culturally sensitive mental health support service, which combines Western and Arab/Muslim traditional therapies to provide support for people experiencing poor emotional and mental well-being due to financial hardship. Tiber enterprise facilities, Tiber street site, Lodge Lane, Liverpool, L8 OTP
0151 727 2855

Mary Seacole House

A mental health charity and resource service set up to offer support and advice in emotional and practical matters, primarily Black, Asian, Minority, Ethnic and Refugee communities. Mary Seacole House, 91 Upper Parliament Street, Liverpool, L8 7LB
info@maryseacolehouse.com

Everton in the Community: Welcome Through Football Refugee And Asylum Seeker Football Project

The People's Hub Cruyff Court, 46 Spellow Lane, Liverpool, L4 4DF
jonathan.garside@evertonfc.com

Merseyside Refugee Support Network (MRSN)

1st Floor, St Anne's Centre, 7 Overbury Street, Liverpool, L7 3HJ
0151 709 7557 info@mrsnliverpool.org.uk

Family Refugee Support Project (FRSP)

Provides practical help to refugees "moving-on" from the asylum system and support to onward social and economic integration into life in Liverpool and beyond.
Toxteth Town Hall, 15 High Park Street, L8 8DX
0151 728 9340 info@frsp.org.uk

CHAWREC

Helping to support

- Refugees and asylum seekers
- People whose first language is not English
- Individuals who have experienced discrimination
- Victims of hate crime
- Local charities
- BME led community groups

Cheshire, Halton & Warrington Race & Equality Centre,
The Unity Centre, 17 Cuppin Street, Chester, CH1 2BN.
01244 400 730

SHAP

SHAP's Community Development Scheme aims to improve access to mainstream mental health and wellbeing services for Black, Asian and Minority Ethnic groups (including asylum seekers, refugees and those granted Indefinite Leave to Remain) living and / or working in Halton, Knowsley and St Helens. Community Development Scheme, 2nd Floor, Lakeside Building, Alexandra Business Park, Prescott Road, St Helens, WA10 3TT
01744 454056 cdw@shap.org.uk

National Migrant and Multi-Cultural Support



BME Youth

BME Youth is a national youth organisation of children and young people from Black, Asian and Minority Ethnic (BAME) communities in the UK.

<https://www.bmeyouth.org.uk/about/>

Muslim Women's Network UK

MWNUK is the only national Muslim women's organisation in Britain. They offer a helpline, counselling services, training and workshops.

<https://www.mwnuk.co.uk/>

Migrants Rights Network

The Migrants' Rights Network is a UK charity that stands in solidarity with all migrants in their fights for rights and justice.

<https://migrantsrights.org.uk/>

The Muslim Community Helpline

The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.

0208 908 6715 / 0208 904 8193

ess4m@btinternet.com

Boloh Helpline

Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.

To find out more contact 0800 151 2605

Useful Links

British Red Cross - RAMP@redcross.org.uk

SHAP - cdw@shap.org.uk

Oneworld Parish Nurse -

rachelsutton.parnurse@mail.com

Refugee Women Connect

info@refugeewomenconnect.org.uk

Women's Groups in Halton



Women's Groups

Women's Health Information and Support Centre (WHISC):

Our Listening Ear service is available for women, telephone 0151 707 1826 to make an appointment or drop in to WHISC Centre. Open Monday, Tuesday and Thursday 10 am to 4pm
Daily activities available
120 Bold Street, Liverpool, L1 4JA
0152 707 1826 women@whisc.org.uk

Granby Somali Women's Group: 'GSWG Befriend Me'

A social network where elderly Muslim and minority ethnic women will come together, exchange ideas, have interesting discussions and participate in a number of activities, which will alleviate their loneliness.
12 Beaconsfield Street, Liverpool, L8 2UU
contact@granbysomaliwomensgroup.org

The Women's Organisation: Enterprise Hub

54 St James Street, Liverpool, L1 0AB
0151 706 8113 enterprisehub@thewo.org.uk

National Association of Women's Clubs (NAWC) - Liverpool

01708 730805 nawc@btconnect.com

Paperwork Theatre - Women's Drama Group

Luna, Northern Lights, 5 Mann Street, L8 5AF
info@paperworktheatre.co.uk

Minerva Women's Group

Women's clubs across Liverpool offering activities, trips, and friendship in a friendly atmosphere.
St Marys Millennium Centre, Meadow Lane, L12 5EA
0151 228 1998

Halton Women's Centre

Deliver practical and emotional support, advice and opportunities to help individuals improve their current situation and become more confident to learn new skills and make healthier life choices.

01928 566073

womens.centre@halton.gov.uk

Women's groups

Young Women's Trust

Young Women's Trust champions young women aged 18 to 30 on low or no pay. They offer young women free coaching, feedback on job applications and information to help them get where they want to be. To find out more visit <https://www.youngwomenstrust.org/get-support/>

The National Women's register

The website has a map of activities running across the UK, you can search groups by visiting <https://nwr.org.uk/network/groups/>

Ladies Circle

Ladies Circle provides the opportunity for women to connect across the UK.

<https://www.ladiescircle.co.uk/>

Riverside

Men's Groups in Halton



Men's Groups

Active Through Football - Men's Football

Brookvale Recreation Centre, WA7 6EP

Fridays 4 pm to 5pm

Richard.Jones@liverpoolfa.com

Sean's Place

Mental Health Support for Men in Sefton and Liverpool

211 Linacre Lane, Bootle, Liverpool, L20 6AD
0151 922 5444

Andys Man Club Liverpool

Meet Monday at 7 pm

UNIS Compliance Stadium, Cantilever Park,
Common Ln, Warrington WA4 2RS

info@andysmanclub.co.uk

James' Place Liverpool

Offer free, life-saving treatment to suicidal men

0151 303 5757 liverpool@jamesplace.org.uk

ManKind Project

There are MKP men's groups all over the UK & Ireland. Some of these groups meet online and in person. For more information about finding your nearest group contact

mensgroups@mankindprojectuki.org

Mind Halton

Peer support and social groups offer an opportunity to talk to others who know what you're going through in a safe, supportive environment. All groups are facilitated by staff and assisted by trained volunteers.

Mind Halton, 3 Wellington Street, WA7 1LB

01928 563612

info@mindhalton.org.uk

Men's Groups

ANDYSMANCLUB

ANDYSMANCLUB want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They have clubs across the UK that deliver weekly, free-to-attend peer-to-peer support groups for men aged over 18.
<https://andysmanclub.co.uk/find-your-nearest-group/>

Men's Shed Groups

Men's Shed Groups bring together social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. There are a number of groups across the UK, to find the one closest to you visit
<https://menssheds.org.uk/find-a-shed/>

LGBTQ+ Support in Halton



LGBTQ+

Trans Support Service (TSS)

The Beat Hanover Street/David Lewis Street
Liverpool L1 4AF

0151 317 8581 Tss.merseycare@nhs.net

Spirit Level Transgender Support Group

<https://spiritlevel.org.uk/>

spirit.level@yahoo.com

Sahir

Sahir House, 4th Floor, 151 Dale Street L2 2AH

0151 673 1972 info@sahir.uk.com

THE Action Youth (Trans Health Education) (YPAS)

36 Bolton Street, L3 5LX www.ypas.org.uk

0151 702 6087 gyro@ypas.org.uk

Citizens Advice Liverpool - LGBTQ+ Hate Crime Support Service

Practical & emotional support for people who have been affected by LGBTQ+ hate incidents, and their families, across Merseyside.

0151 522 1400 ext 5006

LGBTHateCrime@caliverpool.org.uk

Switchboard LGBT+ Helpline

0800 0119 100 hello@switchboard.lgbt

Merseyside non-scene LGBT Social Group

<https://www.meetup.com/MERSEYSIDE-LGBT-SOCIAL-GROUP/>

stev_arts@yahoo.co.uk

Merseyside LGBT Creative Writing Group and Book Groups (18+)

<https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/>

Galop

Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

0800 9995428 help@galop.org.uk

Sahir House - HIV Support, Information and Training Centre

Sahir House, 4th Floor, 151 Dale Street, L2 2AH

0151 673 1972 info@sahir.uk.com

LIV.FAST Network

Provides peer support and advice for those who identify somewhere within the FTM (Female-to-Male) spectrum.

The Beat, Hanover Street/David Lewis Street, Liverpool, L1 4AF

liverpool.ftm@gmail.com

Body Positive

Body Positive is a Cheshire based charity providing a range of services in sexual health and relationships and to the LGBT+ communities. Information, support, counselling and condoms available.

01270 653150

health@bpcnw.co.uk info@silverrainbows.com

Glow

Support lesbian, gay, bi, trans and questioning young people in Halton. GLOW provides access to youth worker support, information and advice.

We provide a safe space for young people to socialise with access to informal educational opportunities and positive activities. Group runs

Tuesdays - 11 - 15 years (5 pm to 6.30 pm)

16 - 24 years (7 pm to 9 pm)

The Studio, Lacey Street, Widnes, WA8 7SQ

01928 240 406

LGBTQ+ Support in Halton



LGBTQ+ National Support

Corner House Range of support opportunities for LGBTQ+ ages 11 to 17

Offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30 pm to 6 pm.

leahfewlass@wearecornerhouse.org

Mermaids Support for gender diverse young people and their families

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

www.mermaidsuk.org.uk

0808 801 0400 Monday to Friday 9 am –to 9 pm

Stonewall

Stonewall stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. The website provides resources for individuals and workplaces across the UK.

www.stonewall.org.uk

Mind - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

Mindout

MindOut is a mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people. We work to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern.

01273 234839 info@mindout.org.uk

LGBT Hero

LGBT HERO provide information, advice and various types of support including one-to-one, group and peer-support on a range of topics including mental health, sexual health, Living with HIV, coming out, gender and sexuality and hate crime and discrimination. LGBT HERO also campaigns for LGBTQ+ people to lead happier, healthier lives.

<https://www.lgbthero.org.uk/>

LGBT Foundation

The LGBT Foundation services have been designed by LGBT+ people for LGBTQ+ people. They offer a number of services including talking therapies, sexual health support, helpline, befriending, peer support, advocacy and much more.

<https://lgbt.foundation/>

Switchboard

Switchboard is for all. Figuring out your gender expression? Questioning your sexuality? Or is someone you care about facing a challenge? Wherever you fit into the picture, they are here to listen. Acknowledging and celebrating wherever people are on their journey, we meet you where you are.

0800 0119 100 Open 10 am to 10 pm

hello@switchboard.lgbt

<https://switchboard.lgbt/get-support>

TransUnite

Have an online directory of trans support groups near you.

<https://www.transunite.co.uk/find-a-group/>

Additional Support in Halton



Sexual Violence Support

Rape and Sexual Abuse Centre (RASA)

RASA Merseyside provides support to anyone in Merseyside impacted by sexual violence.

0151 666 1392 helpline@rasamerseyside.org

Rape Crisis

A service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.

0808 500 2222

SAFE Place Merseyside: Sexual Assault Referral Centre (SARC)

24 hour telephone support service

0151 295 3550

Silent Solution

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

Rape and Sexual Abuse Support RASASC (Cheshire & Merseyside)

The Rape and Sexual Abuse Support Centre (Cheshire & Merseyside) is a registered charity that aims to provide crucial specialist support, independent advocacy, counselling, help and information, for those affected by rape, sexual assault and/or abuse – a free of charge service delivered in a safe and non-threatening environment.

PO Box 35, Warrington. WA1 1DW

01928 477980/ 0330 363 0063

Rape Crisis

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened.

0808 500 2222 open 24 hours a day

<https://rapecrisis.org.uk/get-help/>

Galop

A UK LGBT+ anti-abuse charity, provides a dedicated sexual violence helpline for LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

Victims can contact the Helpline by phone 0800 999 5428 or via email help@galop.org.uk.

The 24/7 Rape and Sexual Abuse Support Line

247 offers Free, specialist and confidential support delivered by Rape Crisis England &

0808 500 2222

To chat online or find out more visit

<https://247sexualabusesupport.org.uk>

National Online Helpline for Male Survivors

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

<https://www.survivorsuk.org/>

The Survivors Trust

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

08088 010818

info@thesurvivorstrust.org

More information can be found at

www.thesurvivorstrust.org

Additional Support in Halton



Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** or Liverpool Direct on **0151 233 3001** to report

Stop Hate UK

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

Webchat at <https://www.stophateuk.org/talk-to-us>

Anthony Walker

Racial or religious hate crime - this support service is delivered by the Anthony Walker Foundation (AWF). AWF delivers specialist counselling and support for victims.

LCVS Building 3rd Floor, 151 Dale Street, L2 2AH

0151 237 3974

info@anthonywalkerfoundation.com

Daisy Inclusive UK

Disability hate crime - provided by charity Daisy Inclusive UK. Daisy UK have a dedicated hate crime officer who supports victims from the point of contact through to support and guidance through the judicial system, if required.

0151 261 0309

disabilityhatecrime@daisyuk.com

Citizens Advice Liverpool

LGBTQ+ hate crime - this support service is delivered by Citizens Advice Liverpool. They can help you to make a report to the police if you wish, understand your rights, liaise with organisations and help you to access specialist support services such as counselling.

0800 144 8848

Victim Support: (24/7 support)

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. You don't have to report a crime to get help from Victim Support.

0808 16 89 111

Live chat available by visiting

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Hate Crime Campaign

The Hate Crime Campaign provides information and services to those who have been a victim of Hate Crime.

<https://hatecrime.campaign.gov.uk/>

Hate Crime Victim Support – Remedi UK

The Cheshire Hate Crime Victim Service are a support service for all victims and witnesses of hate crime and hate incidents. They can offer

- Confidential emotional and practical support
- Support at court
- Advocacy
- Access to a range of support agencies
- Support with your Victim Personal Statement

0800 640 6466 (Mon-Fri, 9am-5pm)

hatecrimevictimservice@remediuk.org

Additional Support in Halton



Community Centres and Activities

Borrow a Person

Talking Group

0151 345 6454 mhsupport@ncnw.co.uk

Widnes Library, Victoria Square, Widnes, Cheshire
WA8 7QT

**1st & 2nd Wednesday of the month 10 am to
12pm.**

Halton Lea Library, Second Ave, Palacefields,
Runcorn WA7 2PF

**3rd & 4th Wednesday of the month 10 am to
12pm.**

Books on Prescription (Reading Well)

Halton libraries offers three Books On Prescription schemes, as provided through the Reading Agency Reading Well scheme. The scheme covers a variety of common mental health conditions, such as anxiety and depression as well a collection of books for people living with dementia, disabilities and titles aimed at young people.

<https://library.haltonbc.info/books-on-prescription/>