

Tuesday Continued:

Warrington Carers Hub: CRAFT group 7th April 10am – 12pm

One-on-one support for unpaid carers.

One Stop-shop website

Connecting people, communities and services across Warrington



Thursday focus: Ageing Well and Falls

Activity Angels Jigsaw club: 16th April - 10.30am to 12.30pm Information on activities to help with mental health and isolation

Age UK Mid Mersey: -16th April 9.30am to 11:00am

Digital Offer
(3rd Thursday of the month)

Warrington Disability Partnership: 9am to 12.30pm Support for the disabled and those living with long-term conditions.

Livewire Healthy Lifestyles: 10am to 12pm
Health checks and fitness advice.

Living Well Hub Coffee Morning: 10am to 11:30am
A collaborative coffee morning with aging well partners. Quizzes, Bingo, Chair exercises and general coffee and chat.

Macmillan Cancer Support: No sessions on 9th or 30th April 9.30am to 12pm Support for anyone affected by cancer

Warrington Visually Impaired People: 2nd April - 9.30am – 12pm support people, along with their families & friends, come to terms with sight loss.

Warrington Voluntary Action: - 9th and 23rd April - 9am to 12.00pm

Help to reduce loneliness and connect people

Please note we close at 1pm on Thursdays



Healthy Lifestyle & Ageing Well

Weekly drop-in services at the hub

Connecting people, places and resources to support people to live well in Warrington.

The hub will be closed on Monday 6th April

April

Please ask for our leaflet dedicated to families and children on Wednesdays and Fridays.

Please note timetable subject to change at short notice



WARRINGTON
Borough Council

Monday focus: Healthy lifestyles and women's health

Crisis Café – Mental Health Matters – 9.30am – 12.00pm
Mental Health support

Department for work & pensions: 9am to 12pm
Training and benefit advice

Domestic abuse: 1pm to 3.30pm
Confidential support for victims.

Gambling Harms: 13th April - 9am to 12pm
Support for people suffering with the effects of gambling
(normally 1st Monday of the month)

Healthwatch Warrington Drop In: 10am to 1pm
About Me & General Health & Social Care

IDVA Drop in for Males: 1.30pm – 4.30pm
Safety planning and emotional support
Advocacy with services and professionals
Guidance around legal options

Keyring: 10am to 3pm safe place to come make new friends, have some support to complete forms, make phone calls, do some activities, link into other organisations.

Livewire Weight Management: 9.30am to 11.30am
Support for those with a BMI over 30.

Macmillan Cancer Support: 9.30am to 12pm.
Support for anyone affected by cancer

Monday Continued:

Long-acting reversible contraception. (LARC) 13th April 6pm to 8pm
Please ask staff for a referral form.
(Appointment Only)

Merseycare Learning Disability Wellbeing Group: 1pm to 4pm
Peer support group for those living with learning disabilities

IPS Employment Support for Women Drop In: 13th and 27th April 1.30pm – 4.30pm
Support women who have a mental health condition to achieve meaningful full-time or part-time employment.

Strong Girls Group: 20th April 6.30pm to 8pm
Supporting women through miscarriage, still birth and fertility.
(3rd Monday of the month) Self-refer via:
stronggirlsclubnorthwest@gmail.com

Talking Point: 1pm to 4pm
Connecting you to the support you need.

Treasure Her: 13th and 27th April 6:15pm to 8pm
Women's Wellbeing group. Peer support for women. Come for a brew and a chat.
Treasure@treasureyourwellbeing.co.uk

Treasure Her Book Club: 20th April 6.15pm to 8pm - Women's Wellbeing reading group.

Travel Choices: (Starting 13th April) 9.30am – 12.30pm
To provide sustainable transport options and initiatives including bus/train travel and active travel initiatives walking/cycling

Tuesday focus: Ageing well & Dementia

Age UK Mid Mersey: 7th April- 1.30pm to 3:30pm Helping people 50+ to live well
(1st Tuesday of the month)

Dementia and Delirium Support: 1pm to 3pm Support provided by dementia nurses.

Dementia, Still Me group: 7th and 21st April 1.30pm to 3pm.
Memory Games and chat (1st & 3rd Tuesday)

Dementia Rep 14th and 28th April 1.30pm – 3pm - Support and advise for those affected by dementia.

Healthwatch Warrington: 10am to 2pm
Homecare Feedback

Hearing Aid Battery Collection: 9am to 12.30pm
Collect replacement hearing aid batteries.

Lifetime Dementia Café: 14th April 1:30pm to 3pm
Support and dementia friendly activities
(change this month – normally 2nd Tuesday of the month)

Livewire Healthy Lifestyles: 9.30am to 12pm
Active aging dementia-friendly exercise advice.

Friday Continued:

Maternity Clinic Advice: 9.30am to 12pm
Maternity support provided by Warrington Hospital.

Macintyre Quiz: 24th April 12.30pm to 2pm
Join us for some fun with a monthly quiz.

Stay and Play: 10am to 11:30am
Sing, play and have fun with your child with a children's centre rep.

Talking Point: 9:30am to 12.30pm
Connecting you to the support you need.

Foster Carer Support Group: 7th April 9.30am to 12pm
Information and support about fostering for your local authority.

Read to Relax group: 1pm to 2pm
Reading group provided Warrington Borough Council mental health outreach team.

WBC Youth service: 1pm to 4pm
Offering a range of activities to support the personal and social development of young people.

YP Substance: 1pm to 4pm
The Ways is a free and confidential Drug and Alcohol service for young people aged 10-18.

2Wish Bereavement Coffee

**WE ARE CLOSED ON FRIDAY 3rd
APRIL – GOOD FRIDAY BANK
HOLIDAY**



**Families &
Children
Focus**

Weekly drop-in services at the hub

**Connecting people,
places and resources to
support people to live
well in Warrington.**

April

**Please ask for our leaflet for
healthy lifestyle, women's health
and aging well on Mondays,
Tuesdays and Thursdays.**

Please note timetable subject to change
at short notice

One Stop-shop website

Connecting people,
communities and
services across
Warrington



WARRINGTON
Borough Council

Wednesday: Children and Families

Child to Parent abuse Drop In: 1pm – 3pm

Supports families experiencing harm from their child aged 6 to 17, providing tailored therapeutic support to support them to adopt healthy strategies to manage their behaviours.

Dad Matters/Homestart: 9.30am to 1pm

Support for dads to help bond with their family.

Dad Matters – 22nd April Dads stay and Play 1.30pm to 3pm

Drop in and have some quality time with your little one (4th Wednesday)

Department for Work and Pensions: 9am to 12.30pm

Work, training and benefits support .

Early Help Link Worker: 1st 15th and 29th April 9am to 12pm.

Support for family needs.

Early Years Childcare Team: 1st 15th and 29th April - 9am to 12pm.

Free childcare funding advice.

Health Visitor Baby Weigh in: 9.30am to 11.30am Wellbeing and weight checks by Bridgewater.

Healthwatch Warrington: 15th April 10am to 2pm

NHS Independent complaints advocacy service (ICAS)

'Get to Know' Youth Drop in 8th and 22nd April 5pm – 8pm

Wednesday Continued

IDVA Drop in for Males: 1.30pm – 4.30pm

Safety planning and emotional support
Advocacy with services and professionals
Guidance around legal options

More than Men: 8th and 22nd April 1:30pm to 3:30pm

Support for dads and partners – this is a collaboration with Dad Matters

My HAPS: 1st 15th and 29th April 7pm to 8pm

Health Anxiety Peer Support.
Individuals can share their stories and learn coping strategies together.
info@myhaps.co.uk for more info and to reserve a place.

Oral Health: 15th April 10am to 12pm

Children's oral health support by Bridgewater NHS FT
(3rd Wednesday of the month).

0 – 5 SEND Stay and Play: 10am to 11:30am no session 8th April

Session aimed at families with SEND.

Warrington Autistic Neurodiverse Support (WANDS) group: 1st 15th and 29th April - 6pm to 8pm

Puzzle games, and crafts, as well as the chance to connect with others in an inclusive environment

Friday: Children and Families

Dad Matters: 9.30am to 1pm

Support for dads to help bond with their family.

Early Help Link Worker: 10th and 24th April 9am to 12pm.

Support for family needs.

Early Years Childcare Team: 10th and 24th April - 9am to 12pm.

Free childcare funding advice
(Alternative Wednesdays and Fridays, Please ask staff for more information)

Headspace 2-3pm

Mental Health and Resilience course

Health Visitor Baby Weigh-in 9.30am to 11.00am Wellbeing and weight checks by Bridgewater.

'Get to Know' Youth Drop in 17th April 3pm – 5pm

Infant Feeding Support Group: 10am to 12pm Support by Bridgewater NHS

IPS Employment Support Drop In: 10th and 24th April- 1.30pm – 4.30pm

Support people who have a mental health condition to achieve meaningful full-time or part-time employment.

Livewire Back on Track: 1.30pm to 2.30pm

Live Wire helping young people to get Back on Track with new mentoring project.