

Warrington

Lifestyle, social and welfare services

Smoking

Quit smoking your way with free and confidential advice and support from smokefree Warrington. Visit:

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livewirewarrington.co.uk
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Phone 0300 003 0818

Young People's Drug and Alcohol Team supports young people aged 13-19 who are affected by drug or alcohol.

Phone 01925 851 029

Footsteps is a local family support service for those affected by someone else's drug or alcohol misuse.

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footstepsforfamilies.org
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Phone 01925 244 524

Alcohol

Pathways to Recovery provides support, treatment and advice for adults with addiction problems. Visit:

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changegrowlive.org
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Phone
01925 415 176 or
07919 558 644
(out of hours support)

Physical activity

Reach for Health and Stay on your Feet is a GP referral programme to get people back into fitness. Visit:

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livewirewarrington.co.uk
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Phone 0300 003 0818

Healthy eating

LiveWire's Lifestyles Team works with individuals to create a balanced diet and exercise plan that works for you. Visit:

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livewirewarrington.co.uk
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Phone 0300 003 0818

Social and welfare

The Warrington Wellbeing team - Offers holistic assessment, information, advice and practical support that people may need to improve their health and wellbeing. Visit:

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warrington.gov.uk/warringtonwellbeing
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Phone 01925 248 460

Citizens Advice - Get advice about debt, housing, benefits, consumer issues and more.

Visit:

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warrington-advice.co.uk
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Phone 01925 246 994

Confidence course - Warrington Collegiate's confidence course looks at ways people can improve their confidence and self-awareness.

Visit:

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warrington.ac.uk
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Phone 01925 494 609

Outreach group therapy - Practical tools to help manage the symptoms of stress and anxiety.

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Phone 01925 573489
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Foodbanks - Foodbanks provide three days of nutritional, non-perishable food to people in crisis. Visit:

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warrington.foodbank.org.uk
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Phone 07583 080 521

Blood pressure

You can get your blood pressure checked at your local pharmacy or general practice, at community events and kiosks, and you could even buy a machine to check your own blood pressure at home. For more information about high blood pressure you can visit the following websites:

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nhs.uk
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bloodpressureuk.org.uk
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stroke.org.uk
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bhf.org.uk
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This information is brought to you by Public Health Liverpool on behalf of the Cheshire and Merseyside Cancer Alliance.