

How to get in touch with Warrington Wellbeing
Call us on 01925 248460

Or if that is busy try 01925 248457, or 01925 248461
Ask your support worker to make a referral to us
E-mail us on

warringtonwellbeing@warrington.gov.uk
Come in and see us at The Gateway on Sankey Street



We are open Monday, Tuesday, Thursday, Friday
9am – 5pm and Wednesday 9am – 12 noon and 2pm –
5pm
We are closed between 12 and 2pm on Wednesday
afternoons for training

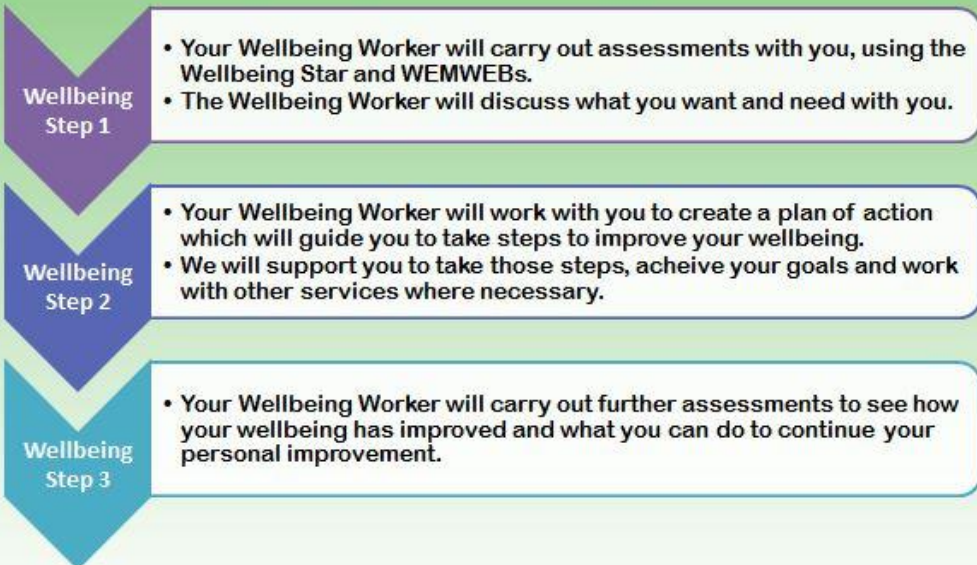
Warrington
Wellbeing

Do you need help
with things that are
affecting your
wellbeing?



Warrington
Wellbeing

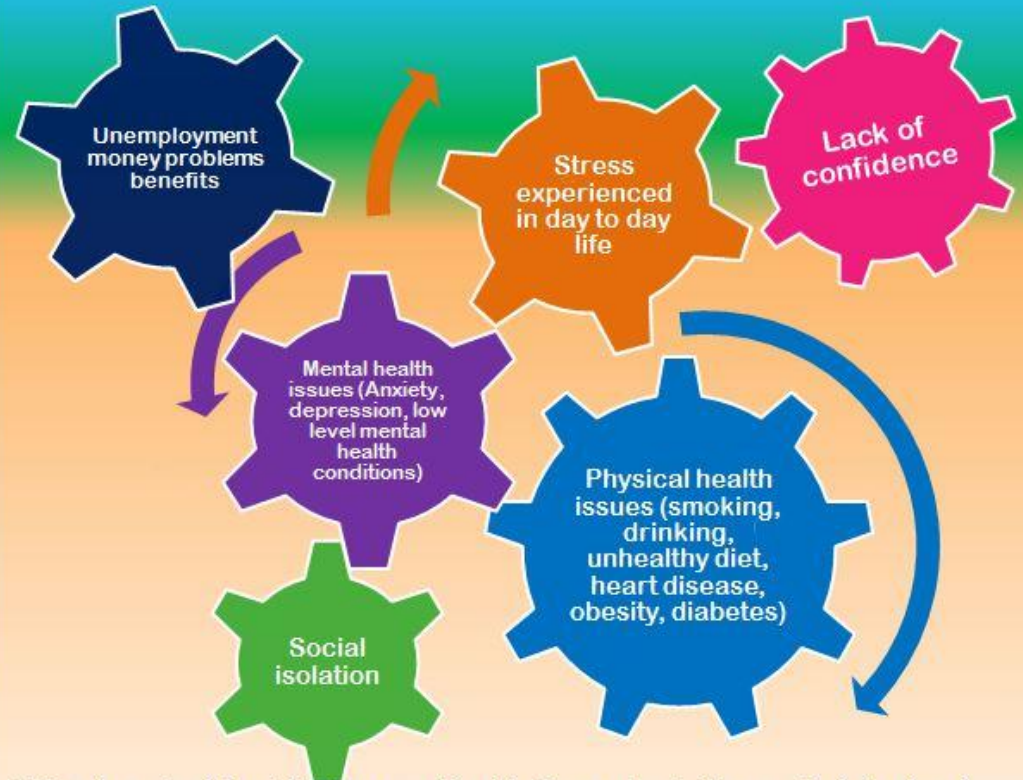
What happens when you contact Warrington Wellbeing Service, or are referred to our service? A member of our team will speak to you to find out more. You will then be allocated a Wellbeing Worker who will work with you towards your goals; whether they be around getting out more, joining interest groups, improving your emotional wellbeing, attending courses to help you learn new skills to help you cope better support accessing housing services, accessing mental health services, finding your way around Dementia support services or setting yourself up in a new home, needing furniture and household goods.



Your Wellbeing Worker will work with you to help you gain a balance in your life, improve your personal wellbeing, and learn new strategies to help you cope with the stress and negative experiences in your life.



If you struggle to cope with the demands of every day life, feel low, feel unable to function, or are isolated, Warrington Wellbeing Service can help.



Did you know Social isolation increases the risk of many chronic illnesses, including heart disease, cancer, and diabetes? It can also increase recovery times from sickness and injuries.

Social isolation describes the absence of social contact and can lead to loneliness. It is a state of being cut off from normal social networks, which can be triggered by factors such as loss of mobility, unemployment, or other health issues.

Warrington Wellbeing Service can help you manage your emotional wellbeing, and get you out and about engaging with other people, building up your confidence.

The Warrington Wellbeing Team helps people get the information, advice and practical support they need to improve their health & Wellbeing. We can help you find your way around local services to achieve the outcomes you want. We can assist you to find training courses, access funding, food bank vouchers, getting clothes or furniture. We offer one to one support, to help people manage things like money worries, social isolation, and health problems.

Please note - We cannot provide: Personal care, transport, cleaning, decorating or gardening services.

We don't deal with housing issues, but can refer you to teams who do.