



Warrington Carers Hub

The Gateway, 89 Sankey Street, Warrington, WA1 1SR
Email: enquiries@warringtoncarershubs.org.uk Tel: 0300 303 0623
www.warringtoncarershubs.org.uk

Bulletin

August to October 2023

Welcome to Warrington Carers Hub's first Bulletin! Here is where you can find out what we've been up to since our first Newsletter and also get involved with the many activities we have planned for both Adult and Young Carers for the upcoming months. We hope you will find the information interesting and helpful.

If you need any support from us, you can contact us on 0300 303 0623 or by emailing us at enquiries@warringtoncarershubs.org.uk

So, grab a brew, sit down, and enjoy!

Happy reading from all the team at Warrington Carers Hub!

How to contact us!

Opening Times

Monday to Friday 9.00am to 5.00pm

Telephone

0300 303 0623

General Email

enquiries@warringtoncarershubs.org.uk

Website

www.warringtoncarershubs.org.uk

Address

FREEPOST Warrington Carers Hub

You can scan the below QR Code



Other information!

Follow us on Facebook!

Please have a look at and "like" and "follow" our Facebook page by logging into Facebook and searching for Warrington Carers Hub by following the link:

<https://www.facebook.com/WarringtonCarersHub>
or searching for Warrington Carers Hub once on Facebook.

Are the details we hold about you up to date?

If any of your personal information and/or contact details have changed, please do let us know so that we can make sure we keep everything up to date to help us provide you with the right support when you need it.

Who's calling me from 01772?

We are! When we ring you, the area code will be Preston (01772) because all our calls come from our main number which is located in our Head Office in Preston. We will call back if you don't answer the first time!

Adult and Young Carers Activities and Events Programme from August to October 2023

What's on for Young Carers – see [pages 2 to 6](#)

What's on for Adult Carers – see [pages 7 to 10](#)

Welcome to our latest **Young Carers Activities and Events Programme**. Once again, we have more activities running across the borough over the next three months.

You must book onto our one-off activities and events as most of them have limited numbers and some need to be booked in advance. To book for any activity or event, please email us at: eventsyc@warringtoncarershubs.org.uk

All activities and events are free and are for current Carers registered with Warrington Carers Hub or if your caring role has ended in the last 12 months.

If you are not registered with us and would like to receive support and attend activities and events, please register by calling 0300 303 0623 or by emailing us at enquiries@warringtoncarershubs.org.uk

Please note that our one-off activities and events are for Carers ONLY, unless otherwise specified.

Activity	Day and Date	Time	Age Range	Location/Special Instructions
Catalyst Science Discovery Centre and Picnic on Spike Island	Wednesday 02/08/2023	10.00am to 1.00pm	Ages 5 to 11	Catalyst Science Discovery Centre Mersey Road Widnes, WA8 0DF Meet outside the Catalyst Centre at 09:45am Spike Island is a 5-minute walk away from the Catalyst Centre To book please email: eventsyc@warringtoncarershubs.org.uk
Catalyst Science Discovery Centre and Picnic on Spike Island	Wednesday 02/08/2023	1.00pm to 4.00pm	Ages 12 to 17	Catalyst Science Discovery Centre Mersey Road Widnes, WA8 0DF Meet outside the Catalyst Centre at 1.00pm Spike Island is a 5-minute walk away from the Catalyst Centre To book please email: eventsyc@warringtoncarershubs.org.uk

Activity	Day and Date	Time	Age Range	Location/Special Instructions
Holiday Club	Friday 04/08/2023	8.00am to 6.00pm	Ages 7 to 12	Warrington Youth Zone Dallam Lane Warrington, WA2 7NG Booking is essential! eventsyc@warringtoncarershubs.org.uk
Holiday Club	Monday 07/08/2023	8.00am to 6.00pm	Ages 7 to 12	Warrington Youth Zone Dallam Lane Warrington, WA2 7NG Booking is essential! eventsyc@warringtoncarershubs.org.uk
Holiday Club	Monday 14/08/2023	8.00am to 6.00pm	Ages 7 to 12	Warrington Youth Zone Dallam Lane Warrington, WA2 7NG Booking is essential! eventsyc@warringtoncarershubs.org.uk
Educational and Fun Visit! This is a MUST!	Wednesday 16/08/2023	10.00am to 2.30pm	All Ages	Safety Central Cheshire Fire & Rescue Service Cliff Lane Lymm Warrington, WA13 0TE Meet in Reception at 09.45am Booking is essential! eventsyc@warringtoncarershubs.org.uk
Stroll and Picnic	Thursday 17/08/2023	10.00am to 1.00pm	Ages 5 to 11	Norton Priory Museum and Gardens Tudor Road Manor Park Runcorn Warrington, WA7 1SX Meet outside the main entrance at 09.45am To book please email: eventsyc@warringtoncarershubs.org.uk
Stroll and Picnic	Thursday 17/08/2023	1.00pm to 4.00pm	Ages 12 to 17	Norton Priory Museum and Gardens Tudor Road Manor Park Runcorn Warrington, WA7 1SX Meet outside the main entrance at 1.00pm To book please email: eventsyc@warringtoncarershubs.org.uk

Activity	Day and Date	Time	Age Range	Location/Special Instructions
Holiday Club	Monday 21/08/2023	8.00am to 6.00pm	Ages 7 to 12	Warrington Youth Zone Dallam Lane Warrington, WA2 7NG Booking is essential! eventsyc@warringtoncarershubs.org.uk
Walk around the Dream and Picnic	Wednesday 23/08/2023	10.00am to 1.00pm	Ages 5 to 11	Dream Sutton Manor St Helens, WA9 4BB Meet in the King George V car park at 09:45am To book please email: eventsyc@warringtoncarershubs.org.uk
Walk around the Dream and Picnic	Wednesday 23/08/2023	1.00pm to 4.00pm	Ages 12 to 17	Dream Sutton Manor St Helens, WA9 4BB Meet in the King George V car park at 1.00pm To book please email: eventsyc@warringtoncarershubs.org.uk
Holiday Club	Monday 28/08/2023	8.00am to 6.00pm	Ages 7 to 12	Warrington Youth Zone Dallam Lane Warrington, WA2 7NG Booking is essential! eventsyc@warringtoncarershubs.org.uk
Woodland Walk and Picnic	Thursday 31/08/2023	10.00am to 1.00pm	Ages 5 to 11	Delamere Forest Linmere Delamere Northwich, CW8 2HZ Meet at the Visitors Centre at 09.45am To book please email: eventsyc@warringtoncarershubs.org.uk
Woodland Walk and Picnic	Thursday 31/08/2023	1.00pm to 4.00pm	Ages 12 to 17	Delamere Forest Linmere Delamere Northwich, CW8 2HZ Meet at the Visitors Centre at 1.00pm To book please email: eventsyc@warringtoncarershubs.org.uk

Activity	Day and Date	Time	Age Range	Location/Special Instructions
Make Your Own Lunch!	Monday 04/09/2023	10.00am to 1.00pm	Ages 5 to 11	Orford Youth Base Capesthorpe Road Houghton Green Warrington, WA2 0JF Booking is essential! eventsyc@warringtoncarershut.org.uk
Make Your Own Tea!	Monday 04/09/2023	1.00pm to 4.00pm	Ages 12 to 17	Orford Youth Base Capesthorpe Road Houghton Green Warrington, WA2 0JF Booking is essential: eventsyc@warringtoncarershut.org.uk
Park, Zoo and Picnic	Tuesday 05/09/2023	10.00am to 1.00pm	Ages 5 to 11	Walton Gardens Walton Lea Road Higher Walton Warrington, WA4 6SN Meet at the entrance to the main car park at 9.45am To book please email: eventsyc@warringtoncarershut.org.uk
Walk, Talk and Picnic	Tuesday 05/09/2023	1.00pm to 4.00pm	Ages 12 to 17	Walton Gardens Walton Lea Road Higher Walton Warrington, WA4 6SN Meet at the entrance to the main car park at 1.00pm To book please email: eventsyc@warringtoncarershut.org.uk
Nature Walk and Picnic	Saturday 23/09/2023	10.00am to 1.00pm	Ages 5 to 11	Dunham Massey Park Woodhouse Lane Altrincham, WA14 4SJ Meet at the car park at 9.45am To book please email: eventsyc@warringtoncarershut.org.uk
Nature Walk and Picnic	Saturday 23/09/2023	1.00pm to 4.00pm	Ages 12 to 17	Dunham Massey Park Woodhouse Lane Altrincham, WA14 4SJ Meet at the car park at 1.00pm To book please email: eventsyc@warringtoncarershut.org.uk

Activity	Day and Date	Time	Age Range	Location/Special Instructions
Bowling	Saturday 07/10/2023	11.00am to 1.00pm	All Ages	Tenpin Warrington 10-15 Chetham Court Warrington, WA2 8RF Meet inside at 10.45am To book please email: eventsyc@warringtoncarershut.org.uk
Cinema Trip	Tuesday 31/10/2023	To be confirmed nearer the time	All Ages	Cineworld Warrington Bridge Street Quarter Times Square Academy Way Warrington, WA1 2HN

Get booking!
We're looking forward to you joining us!

Adult Carers Activities and Events from August to October 2023

Welcome to our latest **Adult Carers Activities and Events Programme**. Once again, we have more activities and events running across the borough over the next three months.

You must book onto our one-off activities and events as most of them have limited numbers and some need to be booked in advance so we can book places and order food, if applicable. To book for any activity or event, please email us at eventsadults@warringtoncarershub.org.uk

All activities and events are free and are for current Carers registered with Warrington Carers Hub or if your caring role has ended in the last 12 months.

If you are not registered with us and would like to receive support and attend activities and events, please register by calling 0300 303 0623 or by emailing us at enquiries@warringtoncarershub.org.uk. Please note that our one-off activities and events are for Carers **ONLY**, unless otherwise specified. We do our best to have some activities and events for Carers to also bring the person they care for if they wish to do so.

Activity	Day and Date	Time	Location/Special Instructions
Carers Breakfast Club	Tuesday 15/08/2023	10.30am to 12.30pm	Galleries Café Centre for Independent Living Beaufort Street Warrington, WA5 1BA At this event, Carers can also bring the person they care for – please ensure you let us know who you are bringing when you book. To book please email: eventsadults@warringtoncarershub.org.uk
Lunch	Friday 18/08/2023	12.30pm to 2.30pm	The Barn Owl Inn Agden Wharf Warrington Lane Lymm, WA13 0SW Meet inside at 12.15pm To book please email: eventsadults@warringtoncarershub.org.uk
Gentle Stroll and Morning Coffee	Wednesday 30/08/2023	10.30am to 12.30pm	Orford Park Jubilee Way Warrington, WA2 8HE Toby Carvery Warrington Winwick Road Warrington, WA2 8DB Meet at the entrance to Orford Jubilee Neighbourhood Hub at 10.15am To book please email: eventsadults@warringtoncarershub.org.uk

Activity	Day and Date	Time	Location/Special Instructions
Carers Breakfast Club	Tuesday 19/09/2023	10.30am to 12.30pm	Galleries Café Centre for Independent Living Beaufort Street Warrington, WA5 1BA At this event, Carers can also bring the person they care for – please ensure you let us know who you are bringing when you book. To book please email: eventsadults@warringtoncarershut.org.uk
Charity Shop Crawl and Pub Lunch	Friday 22/09/2023	10.30am to 11.30am 12.15pm to 1.15pm 1.15pm to 3.00pm	Warrington Charity Shops Meet outside Asda Cockhedge Tilly Lane, Warrington, WA1 2QA, at 10.15 am Stockton Heath Charity Shops Meet at the main entrance to St Thomas' Church, 10 London Road, Stockton Heath, WA4 6HN, at 12 noon Lunch Mulberry Tree Inn Grappenhall Road Warrington WA4 2AF To book and for more details: eventsadults@warringtoncarershut.org.uk
Carers Breakfast Club	Tuesday 17/10/2023	10.30am to 12.30pm	Galleries Café Centre for Independent Living Beaufort Street Warrington, WA5 1BA At this event, Carers can also bring the person they care for – please ensure you let us know who you are bringing when you book. To book please email: eventsadults@warringtoncarershut.org.uk

Zoom Activities for Adult Carers

Our zoom sessions are very informal – grab a cuppa and join us for some fun, chat to staff and meet other Carers. If you haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information, or simply click the links on each of the meetings to join in or ring us on 0300 303 0623.

Weekly Sessions

Distance Reiki every Wednesday 2.00pm-3.00pm*

<https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM0lQOE5yNWMxWnMwZz09>

Meeting ID: 813 5194 3140

Passcode: 940735

Seasonal Flow Yoga Wednesdays 6.15pm-7.30pm*

<https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDMMrcnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Passcode: 030426

Yoga Nidra every Thursday 7.00pm*

<https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzMmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Passcode: 455916

*Any changes to sessions and times will be posted on our Facebook page.



Come and meet other Carers whilst enjoying a cuppa!

These sessions are an opportunity to meet and chat with other Carers and former Carers, and speak with a Carers Information and Support Officer, while taking a break from your caring role and enjoying tea or coffee and a biscuit or two!

If you have never been to a Coffee & Chat before, don't worry! Everyone has been a "first timer". A friendly member of our team will be there to greet you and offer a warm introduction. There is no need to book a place for these, but if you would like to talk to someone before you attend, or would like further information, please call us on 0300 303 0623 or email us at enquiries@warringtoncarershut.org.uk

Please note that all Coffee & Chats and activities are for Carers ONLY, unless otherwise stated.



Our regular Coffee & Chats

Venues	Community Room Penketh Fire Station Widnes Road Warrington WA5 2UW	Lymm Youth and Community Centre Bridgewater Street Lymm WA13 0AB	Wingman Lounger Warrington Hospital Lovely Lane Warrington WA5 1QG	Fearnhead Cross Community and Youth Centre Insall Road Warrington WA2 0HD	Bath Street Medical Centre Lekh Street Warrington WA1 1UG	Creative Therapy Room Hollins Park Hospital Hollins Park House Hollins Lane Winwick Warrington WA2 8WA
Times	10.30am to 12.30pm	1.00pm to 3.00pm	1.15pm to 2.30pm	10.00am to 12noon	12.30pm to 2.30pm	2.00pm to 4.00pm
Dates	Every Monday This session will not run on Bank Holidays	Every Tuesday	2 nd Tuesday of every month	Every Thursday	Every Friday	2 nd Monday of every month This session will not run on Bank Holidays
Other Info	Free onsite parking	Onsite parking not available, but there is a Pay and Display car park within a short walking distance	Pay and Display parking onsite	Free onsite parking	Free onsite parking – please give our Team Leader your car registration number on arrival and she will sort this for you	Free onsite parking

What we've been up to

Half-Term Activity

We ran a baking activity for our Young Carers during half-term and we are delighted to report there is a budding Junior Baker amongst us, who skilfully managed to bake 21 chocolate chip cookies, which she promised to share with her family and friends!



Celebrating Volunteers Week 2023!

To celebrate Volunteers Week 2023, we arranged a lunch for our Volunteers at the Stretton Fox. Volunteers are one of the most valuable assets of our organisation and we just wanted to say, "thank you"!



Carers Week

To celebrate Carers Week, we joined forces with Warrington Disability Partnership and hosted a daily drop-in session at their Centre for Independent Living. Two local Councillors visited one of the sessions and spent time chatting to us, as well as a member of staff from Warrington Borough Council. Both Councillors are supportive of the service and one of them has linked her Facebook page to ours so that she can promote our activities.



We also launched our first ever Carers Breakfast Club as part of Carers Week. This is now a regular event and takes place on the third Tuesday of every month at the Galleries Café, Centre for Independent Living, Beaufort Street Warrington, WA5 1BA. Do come and join us and please do bring the person you care for with you if this is possible. To book please email eventsadults@warringtoncarershut.org.uk and let us know who you are bringing with you. At the Club we ran on 18th July, 5 Carers joined Rosie, one of our Carers Information and Support Officers, and all enjoyed breakfast and the time spent together.

We then spent the day at St Rocco's Hospice Warrington, where we hosted a Coffee & Chat event. Staff from Warrington Borough Council's Carer Support Team joined us, as did staff from the Macmillan Delamere Cancer Information and Support Centre. The lovely kitchen staff at St Rocco's made delicious cupcakes for us to enjoy!



Andy Carter, MP for Warrington South, visited us at our offices to meet the team and hear more about the work we do. The visit was very informal and gave us the opportunity to discuss local issues. Andy has invited Carers and staff to visit Parliament when he is sitting in session.

Wyn Higham, one of our longstanding Carers made headline news in the Warrington Guardian! She shared her story about why being a voice for unpaid Carers became her passion. For the last 33 years, Wyn has cared for her husband who suffered a brain haemorrhage, followed by a massive stroke. At the time, there was little support for Carers in Warrington, so Wyn decided to form a group with people in similar situations to herself and the first Carers Centre in Warrington was formed in the early 1990s. Wyn continues support other Carers and our service.

13th July

Customer Vulnerability Summit 2023 and Carers Wellbeing Festival 2023 and

16th July

DAD (Disability Awareness Day) 2023

13th and 16th July were two very busy days for us! On the 13th, we joined United Utilities at Walton Gardens to celebrate their Customer Vulnerability Summit 2023 and our Carers Wellbeing Festival 2023. We worked together to support each other's event and it was lovely to see so many of our Carers joining us – 47 in fact! There were information stands from different organisations, including Cheshire Fire & Rescue Service. United Utilities provided a buffet lunch, after which it was time to relax with our therapists for massages, mindfulness, and therapeutic drumming. We were also joined by Councillor Paul Warburton who regularly supports our events. Paul told us he had spoken on BBC Radio Manchester the previous week and had advertised today's event – thank you Paul!

The big day finally arrived on the 16th – DAD (Disability Awareness Day) 2023! The weather was kind to us in the main, but it couldn't resist raining every now and then!

We had a successful day, with 8 new Carers asking to join our service.

Our Service Manager, Anna, was interviewed by Hospital Radio, and she enthusiastically promoted the service! We became more famous as the day went on when Warrington Radio, which broadcasts in Warrington Market, interviewed Anna and our Carers Information and Support Officer, Helen, about

the service. If you know of any other radio stations who want to know about our service, do point them in our direction!

During the day, we were visited by the Mayor of Warrington (Steve Wright), Councillor Paul Warburton and Dennis Dunn MBE JP DL, High Sheriff of Cheshire. We chatted to them and told them all about our service and our amazing Carers.

When the event ended, one of our Carers Information and Support Officers, Helen, gave our balloons to children as they were leaving, and it was a joy to see the pleasure one balloon can give to a child!



Carers Needed!

There are a number of groups meeting to support and develop the work of the Carers Strategy and one of these groups is looking for Carers to join it. We are looking at things like direct payments, how to find up to date information, Carers assessments, and also emergency cards/plans. The group meets every other month and the meetings last for an hour and a half. We know that life is busy if you are a Carer, but we really want your help to make sure we get things right. If you are interested or would like more information, please email Di White dwhite@warrington.gov.uk or call on 07827 232561. Thank you and we look forward to hearing from you!



State of Caring Survey 2023 now live!

This is the most comprehensive research into the experience of Carers in the UK. Carers UK use what you tell them to shape their campaigns and make sure Carers voices are heard by the government.

Last year, over 13,000 Carers shared their experiences in the survey. This helped Carers UK secure new rights for unpaid Carers with the Carer's Leave Act in England, Scotland and Wales, and also provided vital evidence to help Carers UK campaign for improvements to Carers benefits through their Carer Poverty Coalition.

But much more still needs to be done to get Carers the practical and financial support they need.

Carers UK want to hear what your priorities are, the challenges you're facing and what support you need. Have your say: <https://www.surveymonkey.co.uk/r/LL8LGL2>

The survey takes around 20 to 30 minutes to complete and Carers UK really appreciate every Carer who takes the time to share their experiences. **The survey closes on the 3rd of August 2023**

Free access to digital resources to support unpaid carers - Jointly contract extended until March 2024!

NHS England and Carers UK are giving unpaid Carers free access to digital resources. [The Digital Resource for Carers](#) is an online platform that hosts resources for Carers to help them build resilience in their caring role.

The resources can help to deliver on the [NHS Long Term Plan Commitments to unpaid carers](#) and include e-learning, guides and comprehensive signposting, access to MyBackUp, a simple contingency planning tool for what might happen in an emergency, and Jointly, Carers UK's care co-ordination app.

Carers UK have published [guidance for health professionals](#) which explains how the offer works as well as ideas and tips for how to refer Carers for support. This link explains to Carers how Jointly works: [Jointly app for carers | Carers UK](#)

Information and codes can be given to all Carers within an integrated care board (or ICB*), be they supported by Health (primary, community, acute)/Local Authorities/VCSE organisations commissioned by the Local Authority, and organisations not commissioned.

The Jointly access code for Cheshire and Merseyside is DPCN9533.

*(An ICB is a statutory NHS organisation which is responsible for developing a plan for meeting the health needs of the population, managing the NHS budget and arranging for the provision of health services in a geographical area.)

Jointly makes caring easier, less stressful and more organised by making communication and coordination between those who share the care as easy as a text message.

With Jointly, you can create a circle of care for the person you are looking after. Once you have set up your Jointly circle, you can start using Jointly to organise care.

You can use it on your own or you can invite other people to join you and share the care.

Jointly works on iPhone, iPad, Android devices and on most modern web browsers (home computers, laptops, smartphones, tablets, etc).

Please contact us on 0300 303 0623 for help with and advice about Jointly.

Social Tariffs

Did you know that you may be eligible for low-cost broadband and mobile phone tariffs? The Department for Digital, Culture, Media and Sport recognise that people are worried about their bills so they have been working with internet service providers to deliver low-cost broadband and phone packages called Social Tariffs.

Social Tariffs are discounted broadband and mobile deals for people on Universal Credit and other benefits. These tariffs are delivered in the same way as normal packages, just at a lower price. Amid rising living costs, they have been encouraging more broadband and mobile companies to offer Social Tariffs to help customers on low incomes.

A large number of broadband providers now offer discounted Social Tariff products, with some offering deals from as low as £15 per month. This could represent a saving of more than £180 per year, which is around 50% compared to the average cost of broadband.

If you receive government benefits, you could qualify for one of these discounted price plans.

To find out more, please visit: www.ofcom.org.uk/cheap-broadband

Bake with us!

Do you like rhubarb? Here's a really easy recipe for you to try!

Rhubarb and Yogurt Cake

Ingredients

- 150g rhubarb, finely diced
- 300g self-raising flour
- 250g caster sugar
- 1 tsp vanilla extract or vanilla essence
- 2 eggs
- 125g Greek yogurt at room temperature
- 125g melted unsalted butter or margarine



Recipe

- Preheat oven to 180C/350F/Gas 4.
- Grease a loaf tin or use a loaf tin liner.
- Put all the ingredients into a large bowl and mix well.
- Pour the batter into the prepared loaf tin and bake for an hour until well risen and golden brown on top.
- Turn out onto a wire rack and leave to cool completely.

Recipe credit: www.whatheredheadsaid.com/rhubarb-and-yoghurt-cake/

Happy baking!

Useful Numbers

Young Carers

Warrington Carers Hub (Open Monday to Friday, 9.00am to 5.00pm)	0300 303 0623
Children's Safeguarding/Social Work Team (Open Monday to Friday, 8.30am to 5.00pm)	01925 443322
Access to Social Care (First Response Team) (Open Monday to Friday, 8.30am to 5.00pm)	01925 443322
Out of Hours Service Warrington Borough Council (Open Monday to Friday, 5.00pm to 8.30am, all day Saturday, Sunday and Bank Holidays, and is for emergency calls only)	01925 444400
NHS The NHS Service is staffed by a team of fully trained advisers, supported by experienced nurses and paramedics. They will direct you to the local service that can help you best. This could be A&E, an out-of-hours doctor, a community nurse, an emergency dentist or a late-opening chemist. Where possible, the NHS 111 team will book you an appointment or transfer you directly to the people you need to speak with.	111
If you believe a crime has been committed, contact the Police on 101	101
If you believe a child or adult is at immediate risk of harm, dial 999	999
The Samaritans	01925 235000
Warrington Food Bank	07583 080521
Childline	0800 1111
NSPCC	0808 800 5000
Papyrus Helpline UK (Monday to Friday 10.00am to 10.00pm) (Weekends and Bank Holidays 2.00pm to 10.00pm)	0800 068 4141 Text: 07786 209697 Email: pat@papyrus-uk.org
CAMHS Response Team (Monday to Friday, 9.00am to 5.00pm) Urgent contact only (Weekdays 5.00pm to 9.00pm, and 9.00am to 9.00pm at weekends)	01925 575905 01744 627618

Useful Numbers

Adult Carers

Warrington Carers Hub (Open Monday to Friday, 9.00am to 5.00pm)	0300 303 0623
Adult Social Care Services – First Response Team (Open Monday to Friday, 8.30am to 5.00pm)	01925 443322
Out of Hours Service Warrington Borough Council (Open Monday to Friday, 5.00pm to 8.30am, all day Saturday, Sunday and Bank Holidays, and is for emergency calls only)	01925 444400
<u>NHS</u> The NHS Service is staffed by a team of fully trained advisers, supported by experienced nurses and paramedics. They will direct you to the local service that can help you best. This could be A&E, an out-of-hours doctor, a community nurse, an emergency dentist or a late-opening chemist. Where possible, the NHS 111 team will book you an appointment or transfer you directly to the people you need to speak with.	111
CHAT Line (To speak with a volunteer who will offer a listening ear)	0333 103 9145
If you believe a crime has been committed, contact the Police on 101	101
If you believe a child or adult is at immediate risk of harm, dial 999	999
The Samaritans	01925 235000
Warrington Food Bank	07583 080521

Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit you and other Carers – you might like to ask us to offer some specific training or just tell us about an activity or an event you attended and what worked and what didn't work well for you. Hopefully together we can improve it and make it work!

Please call 0330 303 0623 or email enquiries@warringtoncarershub.org.uk