



# WARRINGTON CARES



### 3 LITTLE WORDS

to make a difference...



## WARRINGTON CARES

We know things are a little uncertain and scary at the moment but there is lots of support available within Warrington so we can all support and get through this together whilst we are staying at home.

Let's get Warrington talking.

## LOOKING TO FILL YOUR SPARE TIME?

Why not pick up a new hobby (or an old one!), here are some suggestions from us:



Click the link below to find out more and share your creations on social media with the hashtag **#GetCreativeAtHome** and why not tag [@GoldenSquareUK](#) so we can see how you're brightening up your homes!

FIND OUT MORE

# SUPPORT GROUPS

Being social doesn't need to be physical! There are plenty of ways to keep in contact with friends and family through social media, video calls, text and email and it's important we keep in contact with each other during difficult times.

Looking for a bit of extra support? There are a whole host of support groups available to you in Warrington. You may even make some new friends!



Time To Change will be offering an online group each Thursday afternoon via zoom for residents of Warrington and surrounding areas. The group which will begin at 2pm is mixed gender and will consist of a check-in, short topic-based well-being session, group conversation, and action planning. Everyone is welcome! Find out more by emailing [timetochange@warringtonspeakup.org.uk](mailto:timetochange@warringtonspeakup.org.uk)

Papyrus HOPELINEUK is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person.



Their aim is to prevent suicide in young people. HOPELINEUK is free to call and free to text 9am – 10pm Monday to Friday and 2pm - 10pm over weekends and bank holidays. Call: 0800 068 41 41 | Text: 07786 209697

Lymm Wellness & Mental Fitness is a voluntary led, non-profit organisation, designed to support people living in the local community, who have complex mental health difficulties.



Lymm Wellness & Mental Fitness

Their aim is to provide group and one to one support, offering guidance through a range of guest speakers covering areas such as mindfulness, stress management, coping strategies, health and wellbeing and more.



Follow their Social Media accounts on Instagram, [Facebook](#) and Twitter to keep updated on their Zoom sessions.



Offload (delivered by the Warrington Wolves Foundation) uses the experiences of real people to encourage conversations whilst providing a toolkit of self-management skills to help overcome challenges and adversity.

Every Tuesday (6:30pm – 8:00pm) via the online Zoom platform (<https://zoom.us/j/719699930>), a Head Coach will provide a facilitated session focusing on a particular topic (e.g. relaxation, goal setting, coping & managing, dealing with conflict etc) and is open to anyone over the age of 18 years old.

# SUPPORT GROUPS

## Creative Remedies



Creative Remedies is a programme of arts activities (ran by Warrington Borough Council) that aim to improve the health and wellbeing of Warrington residents over the age of 18.

They're currently uploading new videos each weekday, which include music, performing arts, visual arts, relaxation (something I'm sure we could all do with!), photography and reading to relax.

Best of all, the videos are all free to access!

A note from Creative Remedies:

"Please continue to practise self-care and compassion to yourselves and take time out of every day (even if it's only 20 minutes) to do something that's just for you."

Find them on [facebook.com/creativeremedies](https://facebook.com/creativeremedies) or [youtube.com/creativeremedies](https://youtube.com/creativeremedies)



Supporting Factors offers a safe space for ladies to explore and discuss anxieties and barriers that may impact on their positive mental health and wellbeing. They are available via Zoom on Mondays, Wednesdays and Fridays.



Find them on Facebook [@supportingfactorscic](https://facebook.com/supportingfactorscic) and Twitter [@Supporting\\_factors](https://twitter.com/Supporting_factors)  
They are also contactable via 07837010854.



Connect2 is here to connect you with an advocate, someone who is happy to check in and chat with you whilst you have to stay at home. If you need any specific help they will make sure you are put in touch with the right services.

Connect2 is available Monday to Friday from 11am to 3pm.

Call: 01925 246938 | 01925 248472

Email: [connect2@warringtonspeak.org.uk](mailto:connect2@warringtonspeak.org.uk)

Directions For Men run groups for men who are feeling lost, struggling emotionally with stress, anxiety or depression or feeling lonely.



For more information call them on 07894 971434, like their page on Facebook at [Directions For Men](https://facebook.com/DirectionsForMen) or follow them on Twitter [@Directions4Men](https://twitter.com/Directions4Men).

# ESSENTIAL SHOPPING

Thank you to everyone who is staying at home to help ease the strain on the NHS. If you do need to visit Golden Square to do your essential shopping, please note the reduced access to Golden Square below.

Iceland	B1
Barclays Bank	065
Lloyds	057
Nationwide	079
Boots	089
Holland & Barrett	095
Specsavers	082
Superdrug	032
Wilko	016

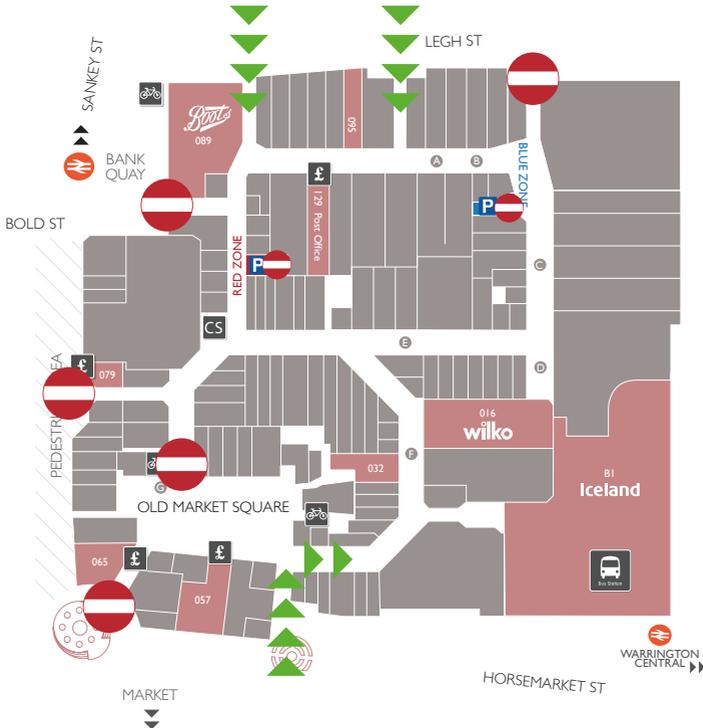
Closed Entrances



Access Routes



Open Stores



**There is no access to the centre through the Car Parks.**