

Living & ageing well

warrington

Getting a little help and support when you need it can make a big difference to staying independent, safe and well at home. This leaflet provides useful advice, phone numbers and website links for more information about local services that can support you to stay independent and healthy.



Helpful Websites

My Life Warrington (mylifewarrington.co.uk) - An on-line directory with key information about local community services and support networks to help you at home and in the community. You will find information about clubs or activities near you that may help you make friends and get out and about. **01925 443131**

Happy OK Sad (happyoksad.org.uk) - Warrington's mental health awareness website. Gives practical information and support services around mental health with pages especially for older people.



Staying Well

Healthy Ageing - 11 tips to staying well in Warrington - information available from mylifewarrington.co.uk

Warrington Wellbeing - provides information and face to face support for adults in Warrington who want to make changes in their lives. Contact them or drop into the Gateway, Sankey Street.

01925 248460 or email warringtonwellbeing@warrington.gov.uk



Needing more help at home?

Care in your own home - Care can be provided in your own home through a registered care agency or a personal assistant. You can find details on carers, including how much you may need to pay towards your care, on mylifewarrington.co.uk

Local care agencies are listed in the phone book or search mylifewarrington.co.uk

Warrington Disability Partnership - a local user led charity who can help you with mobility and independent living services that enable people living with long term health conditions to live as independently as possible. **01925 240064**

WHIA - an advisory service for older, disabled or vulnerable people and families on low incomes who own their own homes or live in private rented accommodation and wish to repair, improve or adapt their homes. **01925 246810 or email whia@wha.org.uk**

The Smart Flat - Run by Warrington Disability Partnership, is a showroom of practical gadgets and equipment that could improve your quality of life and help you to be independent at home for longer. **Book your visit by calling 01925 240064**

Carecall - the council's 24 community alarm service which enables residents to maintain freedom of independence in their own home. The service also includes an out of hours Response Service.

01925 458000



Staying Connected

Age UK (ageuk.org.uk) - a national charity set up to provide support and advice specific to older people. They can support with advice about money, housing, wills and trusted tradespeople. **0800 055 6112**

Independent Age (independentage.org) - a national charity set up to provide support and advice to older people who want to remain independent on their own terms.

0800 3196789

The Silver Line - a free confidential helpline providing information, friendship, loneliness and advice to older people, open 24 hours a day, every day of the year. **0800 470 8090**

AccessAble - a national disability organisation providing accessibility guides to take the chance out of going out. Guides are available free at Access-Able.co.uk and on the AccessAble App.



Support for Carers

WIRED Warrington Carers Centre - A local Carers service offering support and advice to carers of all ages. A carer is someone who looks after someone, often a family member affected by illness or disability

01925 633492



Staying Safe

If you are worried about the wellbeing of a vulnerable adult, contact the council's **First Response Team**.

01925 443322



WARRINGTON
Borough Council