

Tuesday Continued:

Warrington Carers Hub: 10am to 4pm
One-on-one support for unpaid carers.

Thursday focus: Ageing Well and Falls

Age UK Mid Mersey: 18th December - 9.30am to 11:00am
Digital Offer
(3rd Thursday of the month)

Warrington Disability Partnership: 9am to 12.30pm Support for the disabled and those living with long-term conditions.

Livewire Healthy Lifestyles: 10am to 12pm
Health checks and fitness advice.

Living Well Hub Coffee Morning: 10am to 11:30am
A collaborative coffee morning with aging well partners. Quizzes, Bingo, Chair exercises and general coffee and chat.
11th Dec - Generations Together: Christmas Cheer with Little Voices – pre school and ageing wel

Macmillan Cancer Support: 4th and 18th December - 9.30am to 12pm
Support for anyone affected by cancer

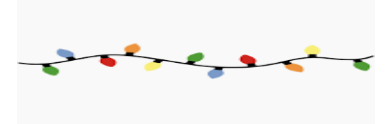
Warrington Visually Impaired People: 4th December - 9.30am – 12pm support people, along with their families & friends, come to terms with sight loss.

Warrington Voluntary Action: 4th December - 9am to 12.30pm
Help to reduce loneliness and connect people



Healthy Lifestyle & Ageing Well

Weekly drop-in services at the hub



Connecting people, places and resources to support people to live well in Warrington.



One Stop-shop website

Connecting people, communities and services across Warrington



December

Please ask for our leaflet dedicated to families and children on Wednesdays and Fridays.

Please note timetable subject to change at short notice

Please note we close at 1pm on Thursdays



Monday focus: Healthy lifestyles and women's health

Department for work & pensions: 9am to 12pm – NB: No session 1st December

Training and benefit advice

Domestic abuse: 1pm to 3.30pm

Confidential support for victims.

Gambling Harms: 1st December - 9am to 12pm

Support for people suffering with the effects of gambling
(1st Monday of the month)

Healthwatch Warrington: 10am to 2pm

About Me and Men's Mental Health
Feedback

Homelessness and Housing: 9am to 12pm

Support and advice for housing issues.

Keyring: 11am to 3pm safe place to come make new friends, have some support to complete forms, make phone calls, do some activities, link into other organisations.

Livewire Weight Management: 9.30am to 11.30am and 2pm to 6pm

Support for those with a BMI over 30.

Macmillan Cancer Support: 9.30am to 12pm.

Support for anyone affected by cancer

Long-acting reversible contraception. (LARC) 8th December - 6pm to 8pm

Please ask staff for a referral form.
(Appointment Only)

Monday Continued:

Merseycare Learning Disability Wellbeing Group: 1pm to 4pm

Peer support group for those living with learning disabilities

Pathways. Substance Misuse Support: 9am to 12.30pm

Support for those affected by excessive use of drugs and alcohol.

Police Community Support Officer Surgery (PCSO) : 8th December - 11am – 12pm

Your opportunity to sit and speak to your local Police Community Support Officer

Strong Girls Group: 15th December - 6.30pm to 8pm

Supporting women through miscarriage, still birth and fertility.

(3rd Monday of the month) Self-refer via:
stronggirlsclubnorthwest@gmail.com

Talking Point: 1pm to 4pm

Connecting you to the support you need.

Tuesday focus: Ageing well & Dementia

Age UK Mid Mersey: 2nd December - 1.30pm to 3:30pm Helping people 50+ to live well
(1st Tuesday of the month)

Dementia and Delirium Support: 1pm to 3pm Support provided by dementia nurses.

Dementia, Still Me group: 2nd and 16th December - 1.30pm to 3pm.

Memory Games and chat (1st & 3rd Tuesday)
9th December: 1.30pm – 3pm - Dementia Rep - Support and advise for those affected by dementia.

Healthwatch Warrington: 10am to 2pm
Homecare Feedback

Hearing Aid Battery Collection: 9am to 12.30pm

Collect replacement hearing aid batteries.

Lifetime Dementia Café: 9th December 1:30pm to 3pm

Support and dementia friendly activities
(2nd Tuesday of the month)

Livewire Healthy Lifestyles: 9.30am to 12pm

Active aging dementia-friendly exercise advice.

Odd Fellows Coffee Morning: 16th December - 10.30am – 12pm. Helps people stay connected and supported through friendship and social activities.

Friday Continued:

Maternity Clinic Advice: 9.30am to 12pm

Maternity support provided by Warrington Hospital.

Macintyre Christmas Blitz Quiz: 19th December- 11am to 2pm

Join us for some fun with a monthly quiz.

Stay and Play: 10am to 11:30am (NB: no session 19th December)

Sing, play and have fun with your child with a children's centre rep.

Talking Point: 9:30am to 12.30pm

Connecting you to the support you need.

Foster carer support group: 12th December - 9.30am to 12pm

Information and support about fostering for your local authority.

Read to Relax group: 1pm to 2pm

Reading group provided Warrington Borough Council mental health outreach team.

WBC Youth service: 1pm to 4pm

Offering a range of activities to support the personal and social development of young people.

YP Substance: 1pm to 4pm

The Ways is a free and confidential Drug and Alcohol service for young people aged 10-18.



*Family Christmas
Community Event*

Friday 5th December | 9:30am – 12:00pm
The Living Well Hub, 26–30 Horsemarket Street,
Warrington WA1 1XL

Join us for a morning of festive fun, connection,
and community support!

What's happening:

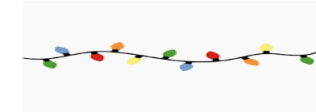
- Play session for under 5s
- Family support information stands – including Government Funding, Early Help, Young Carers, Perinatal mental health & more
- Festive fun – crafts, Christmas jumper swap shop, an special visit from Santa!

Logos: health, LiveWire, Warrington and Halton Teaching Hospitals, LIVING WELL, FAMILY HUB, The Ways, Energy Saving, Warrington Council Hub.



**Families &
Children
Focus**

Weekly drop-in services at the hub



**Connecting people,
places and resources to
support people to live
well in Warrington.**



December

**Please ask for our leaflet for
healthy lifestyle, women's health
and aging well on Mondays,
Tuesdays and Thursdays.**

Please note timetable subject to change
at short notice



*We're wrapping
up for Christmas*

**THE LIVING WELL HUB
WILL BE CLOSED FROM
23RD DECEMBER 2025
AT 5:00 PM UNTIL
5TH JANUARY 2026 AT
9:00 AM**

Wednesday

Dad Matters: 9am to 12.30pm

Support for dads to help bond with their family.

Department for Work and Pensions: 9am to 12.30pm

Work, training and benefits support .

Early Help Link Worker: 10th December 9am to 12pm.

Support for family needs.

Early Years Childcare Team: 5th and 19th November - 9am to 12pm.

Free childcare funding advice.

Home Start: 9am to 12.30pm

Support for parents with children 0-5 years
Because childhood can't wait.

Health Visitor Baby Weigh in: 9.30am to 11.30am Wellbeing and weight checks by Bridgewater.

Healthwatch Warrington: 10th December - 10am to 2pm

NHS Independent complaints advocacy service (ICAS)

'Get to Know' Youth Drop in 3rd and 17th December 5pm – 8pm

More than Men: 10th December- 1:30pm to 3:30pm

Support for dads and partners – this is a collaboration with Dad Matters

Wednesday Continued

My HAPS: - 10th December 7pm to 8pm

Health Anxiety Peer Support.
Individuals can share their stories and learn coping strategies together.
info@myhaps.co.uk for more info and to reserve a place.

Oral Health: 11th December - 10am to 12pm

Children's oral health support by Bridgewater NHS FT
(3rd Wednesday of the month).

0 – 5 SEND Stay and Play: 10am to 11:30am

Sing, play and have fun with your child with a children's centre rep.

Parenting and Positive Relationships: 9.30am to 12pm

Support for co-parents experiencing conflict.

Warrington Autistic Neurodiverse Support (WANDS) group: 10th December - 6pm to 8pm

Puzzle games, and crafts, as well as the chance to connect with others in an inclusive environment

Warrington Wellbeing: 1:30pm to 4:30pm

Offering support and advice to families

Friday

Community Catalyst: 12th December - 10am to 12pm

Free support for individuals looking to start their own business offering care to people in their local community

Dad Matters: 9am to 12.30pm

Support for dads to help bond with their family.

Early Help Link Worker: 5th December- 9am to 12pm.

Support for family needs.

Early Years Childcare Team: 5th December - 9am to 12pm.

Free childcare funding advice
(Alternative Wednesdays and Fridays, Please ask staff for more information)

Health Visitor Baby Weigh-in 9.30am to 11.30am Wellbeing and weight checks by Bridgewater.

'Get to Know' Youth Drop in 12th December 3pm – 5pm

Infant Feeding Support Group: 10am to 12pm Support by Bridgewater NHS

Livewire Back on Track: 1.30pm to 2.30pm Live Wire helping young people to get Back on Track with new mentoring project

Living Well Hub Family Community Christmas Event: 5th December 9.30am to 12pm

A morning of festive fun, Christmas Jumper Swap, Christmas play session and a visit from Santa.