

Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

Mental health

ORGANISATION	CONTACT INFORMATION
Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities	Website: www.mentalhealth.org.uk
Mind A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk
PAPYRUS Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: www.papyrus-uk.org
Samaritans Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
SANE Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: www.sane.org.uk/support
YoungMinds A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk
Cruse Bereavement Care Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk

Domestic violence

ORGANISATION	CONTACT INFORMATION
NSPCC Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: www.nspcc.org.uk
Refuge Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk
Warrington Independent Domestic Violence Advocates	warringtonidvaservice@refuge.org.uk

Alone at last

Domestic abuse is **never** okay but being in isolation doesn't mean you're on your own.

If you, or someone you know is suffering abuse, help is available.

PLEASE DON'T SUFFER IN SILENCE.

You can get help and advice at:
openthedoorcheshire.org.uk

- Contact Cheshire Police on **101**
- If there is an immediate risk of harm, call **999**
- National Domestic Abuse 24hr helpline **0808 2000 247**

 Telephone: **01925 243359**

 **OPEN THE DOOR**
 ...and start a conversation on Domestic Abuse

Community support and Foodbanks

Warrington food bank

Families do not need a voucher to access the foodbank at the moment.

**Orford Foodbank Centre
Emmaus Church
Capesthorpe Road
Orford
WA2 9AP
01925 656447
Mon 12 - 2pm**

**Hood Manor Foodbank Centre
Methodist Church
Raikes Close (off Dorchester Rd)
Great Sankey
WA5 1XE
01925 722191
Fri 1 - 3pm**

**Culcheth Foodbank Centre
Quench Café
50 Lodge Drive
Culcheth
WA3 4ER
01925 764058
Thurs 11am - 1pm**

**Birchwood Foodbank Centre
Birchwood Community Centre
Delenty Drive
Birchwood (Opposite Police Station)
WA3 6AN
01925 458130
Mon 1 - 2pm**

**Unit 2
Tanning Court
Warrington
WA1 2HF
Mon 4.30 – 6.30pm
Tues 12 – 2pm
Weds 10.30 – 12.30
Thurs 12 – 2pm
Fri 12 – 2pm**

**Fearnhead Foodbank Centre
Fearnhead Cross Community Centre
Insall Road
WA2 0HD
01925 827195
Weds 12 - 2pm**

***David McDonald,
Manager, Warrington Foodbank
9 Tanning Court
Warrington
Cheshire
WA1 2HF
Tel. 07583080521***

E-mail: manager@warrington.foodbank.org.uk

Torus Foundation Warrington/Nisa Dallam

Sign up to <http://dallamstores.com> there will be one drop off per household per day for essentials only.

Kings church Warrington

Are accepting food donations Wednesday 25th March 10.30-12.00 - contact King's Church and they can deliver to Bewsey and Whitecross.

Ames Hapi Hub

Fresh breads/sachets of detergent/softener/fresh produce outside 11 Festival Crescent available to take – not sure what is still available – contact Hapi Hub for details via facebook

Neighbourhood Food Larder

<http://nflfoods.co.uk/> or 07961834480 – check on Facebook

Warrington Voluntary Action

Are accepting volunteers to coordinate a response across the borough. Can be contacted via WBC webpage if self-isolating and need support.

As a first point of contact families can seek advice/support from:

My Life Warrington

TURN2US

The money advice service

British Gas Trust

Citizens Advice Bureau

United Utilities

For support with water bills follow link <https://wwtonline.co.uk/tags/coronavirus>

Care UK Charity

Have essential items available for front line workers and the vulnerable: hygiene packs, nappies, baby milk, masks and gloves, hand creams

Food delivery

These are a few of the places offering delivery services during the lockdown.

Company	Services	Contact details
Caffe Caruso Horsemarket Street	Delivery of Italian food, pay over the telephone	01925 416921
Deadeyes, Bridge Street	Burgers, hotdogs, street food. Free delivery within three miles. Choose from a selection of two-course meals for £10.95. Thursday-Saturday 17:00-22:00	01925 573462 / 07552 400515
Heaths 26, Stockton Heath	Breakfasts, sandwiches, wraps, omelettes, baked potatoes and salads	01925 262626
Horseshoe Inn, Croft	Traditional pub menu. Free delivery within four miles.	01925 764464
La Boheme, Lymm	Special menu available on the website. Place orders over the telephone and then collect	01925 753657
Mrs Massey's Munchies at The Imperial Hotel, Bewsey	Breakfasts, jacket potatoes, baguettes, pies and pub food. Delivery available from 9:00 - 14:00	07730 467208
The Station House, Padgate	American-style and traditional pub food available between 12:00 and 20:00	www.stationhouse.online
Room Forty mobile afternoon tea	Delivery in a box: sandwiches, cakes, vintage china, cutlery, tablecloths and bunting	roomforty.co.uk
Trigger Pond, Great Sankey	Takeaway service with 20% discount: fish and chips, buttermilk chicken and a vegan menu	01925 791165
Uncle Don's Fish and Chip, Grafton Street	Free delivery from 20/3/2020 available from 16:00 - 19:30	01925 659943
Creamline Dairies	Basic and fresh products delivered within 48 hours	www.creamline.co.uk
Community and voluntary groups	Coordinating and organising those willing to volunteer	01925 246880 info@warringtonva.org.uk
Foodbank donations	Donations are being received for foodbanks at the following stores: Sainsbury's in Lymm, Culcheth and Chapelford, Tesco Extra on Winwick Road, Morrison's in Stockton Heath, all 3 ASDA stores, any SPAR store and Fearnhead Cross Community and Youth Centre	
Salvation Army	They are able to support the elderly and vulnerable with shopping.	01925 451000
Donatello, Orford Lane	Pizza delivery within three miles on orders of £15. £1.50 delivery charge	01925 415152
Efes Brasserie, Sankey Street	Indian and Greek food for takeaway or delivery	01925 632987

George and Dragon, Glazebury	Pizzas, pastas, burgers and traditional pub food for collection or delivery	
Mr Lau's, Springfield Street	Dim Sum restaurant offering a delivery service including drinks. You can order ahead and book a delivery time	mrlaus.com
The Stag at Walton	Traditional pub menu with collection or delivery service. There is a grocery store next door so they will also deliver basic groceries	01925 261680

Other support and services available

Cheshire Community Foundation	Charitable fund supporting charities that are meeting the needs of the community during the COVID-19 outbreak	office@cheshirecommunityfoundation.org.uk grants @cheshirecommunityfoundation.org.uk (this is one link) 01606 330607
Age UK	Wellbeing calls being made to the elderly: phone calls, health checks, medication, critical shopping and delivery support. Priority given to those over 70 and living alone	0300 003 1992 Monday to Thursday, 10:00 - 14:00
O'Brien's Hair and Beauty Salon, Orford Lane	Offering free blow dries to NHS staff	
Alzheimer's Society	Offering telephone support: Dementia Connect Support Line	0333 150 3456 www.alzheimers.org.uk
Helping Hands Orford and Poplars and Hulme	Street Ambassadors scheme offering support to elderly neighbours in terms of care packages and pen pal messages from children	facebook.com/groups/2594923974167016 .
Help Warrington's NHS Heroes donations	Donate to Warrington Guardian's fundraising campaign to support NHS staff	www.justgiving.com/fundraising/warrington-guardian