### **Christmas and New Year Helpline Numbers**

If you urgently need any advice or support during the Christmas period or have any safeguarding concern please ring MASH on 01925 443322 opt 1 (9:00 – 5:00pm) for MASH out of hours 01925 443322 opt 2

First Response Team for aged over 18 is 01925 443322

Housing Out of hours - Emergency number for 01925 444400

Kooth.com – Online counselling for young people

LGBT Foundation Helpline – 0345 3 30 30 30

Drinkline - 0300 123 1110 (www.drinkaware.co.uk)

HOPELineUK – 0800 068 41 41 (suicide prevention)

Frank (national drugs helpline) - 0300 123 66 00 www.talktofrank.com)

**Samaritans** – 116 123

Childline - 0800 1111

Get connected - (confidential helpline for young people) 01873 858811

The Mix (Under 25s Helpline) 0808 808 4994

Mind – (for better mental health) 0300 123 3393, or, text 86463

Wakefield House - 01925 666 660

Pathways - 01925 415 176

**NSPCC** — 01925 873 000

Foodbank-01925 977 630

**IDVA** – 01925 243n359

### **Health visitor** — 01925 946904

### Midwives-01925 662 092

### Face Book Pages with free food available - HapiHub, Free Food

Warrington, Neighbourhood Food Larder, Good Neighbourhood WA5,

Kings Table Kings Church Warrington, Warrington Community Grocery,

Bewsey Community Shop, Helping Hands, Changing Lives CIC.

Warrington Hospital	01925 635911	
Women's Aid	01925 417138	
NHS direct (24 helpline)	111	
NSPCC	0808 800 5000	
Warrington police	01244 350 000	
National Gas Emergency Line (gas leaks)		0800 111 999
St Joseph's family centre	01925 635448	

### Websites to keep the Kids Occupied

Barefootcas.org.uk

BBC bitesize

Letters-and-sounds.com

Ictgames.com

Science kids

Sciencebob.com

Stem.org.uk/teaching-science-through-stories

Primartresources.co.uk

Teachingideas.co.uk

Theteacherscorner.net

Kidzone

Sparklebox

Dltk-kids.com

Bigactivites.com

Thelittleactivitychest.com

Bigeyeowl.co.uk

Ichild.co.uk

Education.scholastic.co.uk

Go Noodle

Just Dance – You tube video

Jack Hartmann kids music channel – you tube video

www.cosmickidsyoga.com

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### **Citizens Advice Warrington**

Food and pre-payment meter fuel vouchers Address: the Gateway, 89 Sankey Street, WA1 1SR Closed: 22 Dec at 1:30pm, 1 Jan Phone: 0808 278 7993 if busy or urgent, email Open: 26 - 29 December (emergencies only) Email: admin@warrington.cabnet.org.uk Web: warrington-advice.co.uk or visit the Gateway. 10am to 12 noon

### Warrington Open Door at Christmas (WODAC)

and support. Transport available, Food parcels, hot meals, warm clothing, activities Phone: 01925 568400 Open: 25 Dec to 1 Jan 9:30am - 3:30pm

# Food network Christmas map

Address: St Johns Church, Wilderspool Causeway,

WA4 6QE

Email: hello@wodac.org.uk

Web: wodac.org.uk

Community food help, open over the festive period Web: warringtonva.org.uk/warrington-foodnetwork

Happy? Ok? Sad? Mental health resources Web: happyoksad.org.uk

# Warrington Foodbank Main Hub

Warrington Wellbeing. Call us how to get a voucher Vouchers needed from Citizens Advice, GPs, Food parcels for people who are struggling. Closed: 23 - 26, 30 - 31 Dev, 1 Jan Open: till 22, 27 to 29 Dec, 2 Jan

Phone: 01925 977630 Visit the website or call for opening times

Email: info@warrington.foodbank.org.uk Web: warrington.foodbank.org.uk

Address: Unit 2 Tanning Court (behind DFS Riverside Retail), WA1 2HF

### Community Shop Bewsey

means-tested benefit to become a member. Community Shop for affordable food, must be on Closed: 24 - 26, 31 Dec, 1 Jan Phone: 01925 940833 Open: till 23, 27 - 30 Dec, 2 Jan

Web: companyshopgroup.co.uk/companyshop/

Address: 8 Bewsey Park Close, Bewsey, WA5 0AN

# Warrington Youth Zone

Closed: 25 - 26, 31 Dec, 1st Jan Phone: 01925 977277 **Open: Over Christmas and New Year** 

Visit: warringtonyouthzone.org/youngpeople/sessions

# Warrington Disability Partnership

grants, home visits. Community Café with Lunch Clubs. Credit Union. matters, energy saving tips, financial support, Energy Saving Support - Advice on all energy

Address: Centre for Independent Living Phone: 01925 240064 Email: E.houghton@disabilitypartnership.org.uk Web: disabilitypartnership.org.uk Evelyn Street, Warrington, WA5 1BA

### Holiday Activity and Food

a free nutritious meal and fun activities in the sign up online. school holidays. For places and dates, For children on means-tested Free School Meals

Visit: warrington.gov.uk/haf

Money Helper Unify credit union Money Saving Expert Phone: 01942 245656 Web: moneyhelper.org.uk Web: unifycu.org

Samaritans 24-7 Helpline Money and debt advice Phone: 116 123 Web: moneysavingexpert.com Web: warrington.gov.uk/debt