



5

**Ways to Wellbeing
in Warrington**

Things to do in your area

There's lots you can do in Warrington to improve your health and increase your wellbeing. It doesn't have to cost you anything, as many of the services below are free.

If you need help to get started just contact Warrington's Wellbeing Service. The Wellbeing Mentors support people to make changes that can improve health and wellbeing. This could include advice and support around reducing smoking, losing weight, being more active, eating well or building confidence.

Call the Wellbeing Service on **01925 444279** or visit www.warrington.gov.uk/turnoveranewleaf and complete the referral form on the website.

It's been shown that if we include the Five Ways to Wellbeing in our daily lives we're more likely to feel good about ourselves and to have a sense of personal wellbeing. The Five Ways to Wellbeing are:

1 **Connect:** Make time for people around you, such as family, friends and neighbours.

Community centres are friendly, affordable places to go. Many run social groups, educational or leisure courses, playgroups, youth clubs and sessions for tots. To find your local centre call Contact Warrington on **01925 443322** or email contact@warrington.gov.uk.

Children and young people

In Warrington there's a wide range of activities, services and support for parents and families. To find out about different community based services and activities for children and young people take a look at the online directory here: www.warringtonchildren.org

2 **Be Active:**

**Being more active can
be fun and can help you
feel good about yourself.**

**It doesn't have to cost anything.
Maybe you could get off the bus a
stop early, choose the stairs instead
of the lift, or even join a walking
group.**

Warrington has a number of leisure centres, gyms and sports clubs that offer many different activities including: badminton, exercise classes, fitness training, football, free guided walks, squash, swimming, tennis and activities for children.

Below are some of the gyms in Warrington, though this isn't an exhaustive list:

LiveWire www.livewirewarrington.co.uk
David Lloyd www.davidlloyd.co.uk
DW Fitness Club www.dwfitnessclubs.com
Pure Gym www.puregym.com

3 **Take Notice:**

**Be curious about the
world around you.**

**Why not join your local
library for books, computer access,
reading groups, rhyme-time
sessions for kids and much more.**

Visit: www.livewirewarrington.co.uk/library

Travel through time and around the world at **Warrington Museum and Art Gallery**. Go on a prehistoric adventure and discover rare rocks, fossilised footprints and Warrington's very own dinosaur!

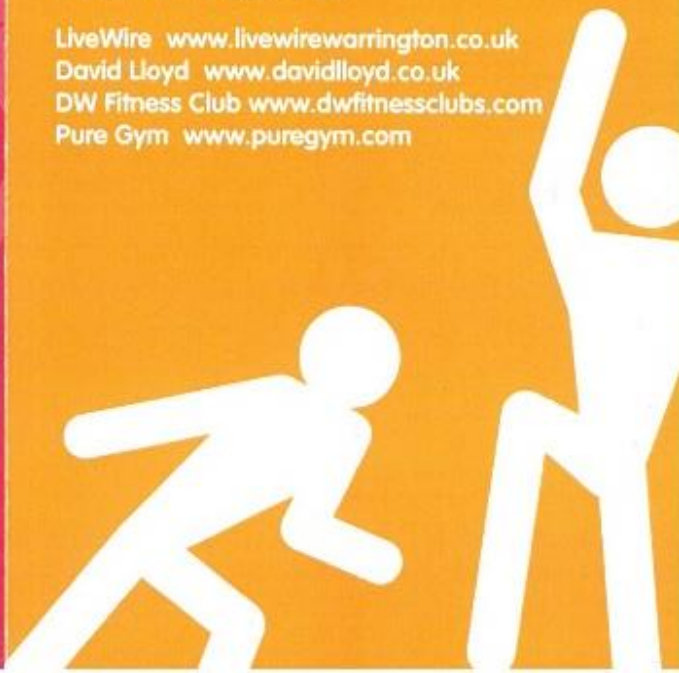
The Museum also runs free family-friendly craft activities in the school holidays and "tea and talk" sessions about the galleries for adults.

Call: **01925 442399**
Email: museum@culturewarrington.org
Visit: www.warringtonmuseum.co.uk

Walton Hall and Gardens is a great place for a family day out. Attractions include the gardens and parkland, picnic areas, a play area, a children's zoo, various outdoor activities and the Heritage Centre Cafe.

Call: **01925 262908**
Visit: www.waltonhallandgardens.com

You can find your nearest park by visiting www.warrington.gov.uk and looking under "P" in the A-Z of services.



4 Keep Learning:

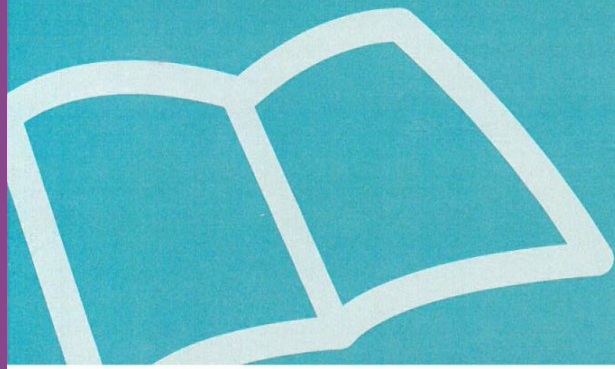
Learning new things can increase your confidence, as well as being fun. Why not get creative or learn new skills?

Warrington Collegiate offers professional and higher education courses as well as short leisure courses.
Call: **01925 494494**.
Visit www.warrington.ac.uk/

Priestley College offers adult courses in the community.
Call: **01925 633591**
Visit: www.priestley.ac.uk/adult-courses

The University for the 3rd Age offers educational, recreational and leisure activities for people over 50. Interest groups range from Walking to Classical History.
Visit <http://u3asites.org.uk/code/u3asite.php?site=249>

The Warrington Campus of Chester University offers degrees courses that focus on the Public Sector and Creative Industries.
Call: **01925 530000**
Visit:
www.chester.ac.uk/campus-life/warrington-campus



5 Give:

Do something nice for a friend, relative or stranger.

Warrington Voluntary Action can offer support, advice and information to help you find a volunteering role that's right for you. Call **01925 246880**, or visit www.warringtonva.org.uk

Healthy Ageing Champions
Become a Healthy Ageing Champion and help local older people stay safe and well. As a Champion you'll receive training and support. Your role might involve providing information to local people about services, or helping a neighbour with shopping during the Winter.

To find out more about becoming a Healthy Ageing Champion call WHiA on **01925 246812** or email whia@wha.org.uk.

Warrington Timebank is a scheme for older people. Members give practical help and support to each other. This could include keeping an elderly person company, helping with the garden or doing household chores. The scheme is free, no money is involved, it's just skills and time that are swapped.
Call: **01925 246882**
Email: Philip@warringtonva.org.uk
Visit: www.warringtonva.org.uk/volunteering/timebank

Give Blood
By giving blood you could help save someone's life. To find out whether you're able to give blood and where you can give blood locally visit www.blood.co.uk, or call **0300 123 23 23**.

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