



*Alone a Whisper,
Together a Voice*

HALTON OPEN DID YOU KNOW?



Our Committee

HALTON OPEN (Older People's Empowerment Network) is dedicated to influencing the decision makers to make Halton an age-friendly place to live.

To achieve this older people in the Borough need to know what is available in the Borough to make their life easier and enjoyable.

To this end, we have collated the following information and activities that are available to older people. Some may be known to you, others may not. The aim is to "signpost" the services which will empower you. We will continue to speak up on behalf of older people to increase and improve on the services available within the Borough of Halton.

There may well be other services or information which is not included. If you would like us to include something then please email us on haltonopen@outlook.com, visit our website www.haltonopen.co.uk or call us on **01928 242034**. We want it to be your directory so that it can be used by all older people in the Borough.

Please get involved and tell us if there is anything else you want to know about in Halton. We will find out for you.

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CONTACT DETAILS OF LOCAL MPs

Halton Constituency
Derek Twigg M.P.
Suite D, Cheshire House
Brdige Business Centre
Gorsey lane
Widnes WA8 0RP
Tel: 0151 424 7030

Weaver Vale Constituency
Mike Amesbury M.P
Suite 4, 2nd Floor
Halton 5 Office Centre
Northway, Halton Lea
Runcorn, WA7 2HF
Tel: 01928 620061

CONTACT DETAILS OF POLICE, FIRE STATION, HALTON GENERAL HOSPITAL AND URGENT CARE CENTRES

Runcorn Police Station Runcorn Shopping Centre (near to the old Magistrates Court). Open 9-5pm Monday to Friday closed Saturday and Sunday (**Tel: 101**).

Widnes Police Station John Briggs House 31 Gerard Street, Widnes. Open 8am-8pm Monday to Saturday, 8am-6pm Sunday (**Tel: 0151 709 6010**).

Runcorn Fire Station Heath Road Runcorn Open 24/7 (**Tel: 01928 572611**).

Widnes Fire Station Lacey Street, Widnes. Open 24/7 (**Tel: 0151 424 3081**).

Halton General Hospital, Hospital Way, Runcorn.
(Tel: **01928 714567**).

Runcorn Urgent Care Centre, Halton General Hospital,
Hospital Way, Runcorn. Open 7am – 10pm 7days a week.
No Appointment necessary. (Tel: **01928 714567**).

Widnes Urgent Care Centre, Oaks Place, Caldwell Road,
Widnes. Open 7am –10pm 7days a week. No Appointment
necessary. (Tel: **0151 495 5000**).

SERVICES PROVIDED BY HALTON BOROUGH COUNCIL FOR OLDER PEOPLE

Halton Borough Council operates a Community Meal Service for adults who due to age, illness or disability are unable to shop or prepare a meal for themselves. **Tel: 0303 333 4300**.

Halton Borough Council operates a Halton Community Alarm and Telecare Service which can ensure you are safe day and night. It enables you to talk to someone if you are in difficulty and receive help. **Tel: 0151 907 0306**.

Key Safes are available for people who have care staff visiting their homes and who cannot let them in themselves. **Tel: 0151 907 8306**.

Halton Borough Council provides a Community Bridge Building Service which offers one to one support to enable people to think about the things they would like to do and where they can be done.

The Bridge Builder will also support and go along to their chosen activity and help them overcome any difficulties. They will provide the support as long as it is needed. To use this service, you have to be referred through any Social Care Team or a professional who identifies that you have a disability and that you are socially isolated. Contact the Direct Link Offices at Widnes or Runcorn or **Tel: 030 333 34300** for information on how to get a referral.

Halton Borough Council provides help for residents who have problems moving wheelie bins or recycling containers when they are ready for collection. Assisted Bin Collection is free.

Contact: [Waste.Matters @Halton.gov.uk](mailto:Waste.Matters@Halton.gov.uk) or the Direct Link Offices in Widnes and Runcorn.

Halton Independent Living Centre on Collier Street in Runcorn houses permanent displays of basic and specialist equipment that can assist with independence and caring. There are regular Open Days throughout the year where people with disabilities and carers can discuss specific needs and try out equipment. **Tel: 01928 582920.**

SURE START TO LATER LIFE

Sure Start to Later Life organises Tea Dances, guitar lessons, a befriending service and much more. They can come and see you at your home. Give them a call and tell them what you need and how they can help you, your family and carers.

Sure Start to Later Life also offer Day Trips to the Seaside, local attractions and meals out. Door to Door Transport on wheelchair accessible minibuses are provided. These are very popular events which give you the opportunity to get out more and meet new people.

Tel: 01928 569477 or 569498.

Sure Start to Later Life provide volunteer drivers to take elderly or disabled residents to clubs, meetings and other events. The drivers will make sure their passengers are “settled in” before leaving them.

LIBRARIES

Halton Library Service provides a Home Delivery Service for people who love reading but are housebound or who find it hard to get to their nearest library for such reasons as mobility problems, illness or carer responsibilities. You can receive up to 15 books per month. These books can be in regular or large print and audio books are also available. The service is available on a permanent or temporary basis.

If you are interested in this service, please contact your local library and someone will come out and discuss your needs. Contact Halton Lea Library on **0151 511 7144** or Widnes Library on **0151 907 8383** or contact Caroline Unsworth on **0151 511 8154**.

Halton Libraries provide, on loan, Memory Boxes and Bags for people with dementia to help them recall memories and encourage discussion. Each one contains books, photos and memorabilia.

COUNCIL TAX

You do not have to pay Council Tax if you have a severe mental illness. This includes dementia.

You do not have to pay Council Tax if your main residence is a NHS Hospital.

You may be entitled to a 25% discount on your council tax if you live alone.

Forms are available on Halton Borough Council Website and at Direct Link Offices in Widnes and Runcorn.

WATERSURE SCHEME OF UNITED UTILITIES

This scheme provides financial assistance to households who use large volumes of water for essential services such as medical conditions. To qualify you have to receive Income Support, Housing Benefit, Working Tax Credit, Pension credit, Universal Credit etc. You must have a water meter or have chosen to pay an assessed charge if a meter cannot be installed in your home.

For further details, **Tel: 0345 672 2888**

FOODBANKS

We all know that anyone can reach crisis point and there are Foodbanks in Halton to help you. They are staffed by volunteers who are there to help you overcome your crisis.

If you need help from the Foodbanks you need to get a **FOODBANK VOUCHER** from a local agency.

If they feel you are struggling to put food on the table, they will issue you with a voucher. The local agency can also provide long term support if needed to address some of the issues behind the reasons for your crisis.

Local agencies include GP's, Citizens Advice, housing support officers, health visitors, social services and some charities.

Once you have been issued with a voucher, you can exchange this for a minimum of three days of emergency food at your nearest Foodbank centre.

WIDNES FOODBANK

Crossing Point
49 Lugsdale Road
Widnes

RUNCORN FOODBANK

Holy Spirit Church
Fernhurst
Halton Brook
WA72NJ
Also at: Murdishaw Church,
St Berteline's Church,
Castle Rise, Castlefields,

CARERS

The Halton Carer Centres at Peelhouse Family Centre, Peelhouse Lane, Widnes. **Tel: 0151 257 9673** and at 62 Church Street Runcorn. **Tel: 01928 580182** offer numerous services from information and advice to free relaxation therapies.

Halton Carers Emergency Respite Services provides emergency respite care for adults who receive care or support from an informal carer. If an emergency prevents a carer from providing care the respite service can provide care in the person's home. **Tel: 0303 333 4300.**

Anyone who is in immediate risk or has concerns about a child or adult who maybe at immediate and serious risk can access the Emergency Duty Social Work Team.

Tel: 0845 0500 148 or 0345 0500 148.

Carers - if you have any problems or just would like to have someone to talk to then contact the Adult Carers Support Worker on **01928 580182** and they will help to make your life easier and get you more support.

The **Lunch Bunch** meets weekly at Murdishaw Community Centre for lunch. It is a Friends Meeting Group for carers of people with dementia. They have quizzes, painting sessions, games (including New Age Curling and Ten Pin Bowling) and occasional Guest Speakers. They also organise day trips and visits to local theatres. **Tel: 01928 718285.**

The Alzheimer's Society provides 6 week Education Courses for carers, peer and emotional support, home visits, befriending service, memory clinic, social events and much more. It is a single point of access for people with dementia and their carers who are looking for support and advice following a diagnosis.

Tel: 01928 574384 or 0151 420 8010.

Halton Admiral Nurse Service provide specialist one to one service support and expert advice for families living with dementia. For Further details, **Tel: 01928 753162.**

British Red Cross provides short term care and support in the home for people after an accident or illness, giving them the confidence to continue their daily lives. They also provide free, confidential and practical support to people the first few weeks after discharge from hospital. They also offer support to carers who may need a few hours break to meet friends or go shopping. **Tel: 0151 424 7873.**

Halton Disability Partnership supports people with a disability and their families in accessing support and care that fully reflects their choice and wishes. They have a Register of Personal Assistants in health and social care. For further information **Tel: 01928 248937**, e-mail info@haltondisability.org.uk or visit www.haltondisability.org.uk.

The Deafness Resource Centre provides for deaf people, their carers and families with advice and supports a number of Self Help Groups in Halton. They can also provide different kinds of equipment dependent on your personal needs such as flashing door bells to alert you to visitors or loop systems to help you hear conversations or the television. This service and equipment is free on long term loan to all people living in Halton. **Tel: 01744 23887.**

The centre also provides a one to one support service to help you and those you care for achieve your respective goals.

HEALTH AND WELLBEING

Wellbeing Enterprise CIC is on a mission to help everyone be the best they can be. They believe they can help you to be a brilliant version of yourself by finding out what you love to do, what you are good at, connecting you to people who make you feel good etc. They can help you overcome anxiety, loneliness and give you a positive approach to the problems you may face. You can meet one of their Wellbeing Officers and develop your personal plan to improve your wellbeing. **Tel: 01928 589799.**

If you have had one or more falls ask your GP/Nurse about falls awareness and prevention classes to improve your strength, balance, co-ordination and confidence.

Bikes in the Park is a cycle project that enables people of all ages to rent a bike to ride around Victoria Park and surrounding areas. **Tel: 01928 716971** for Advance Booking.

Wheels for All – Cycling for people of all ages, disabilities and differing needs. **Tel: 01928 716971**.

“University of the Third Age” has bases in Widnes and Frodsham and gives older people a chance to meet others and to learn or do something new. It gives you the chance to play or learn something new. No Exams. Run by volunteers. **Tel: 01928 566999** or contact Paula on **07977 073847**

There are **Nordic Walking groups** in Runcorn and Widnes. Nordic Walking uses poles so your upper body muscles are used as well as your legs as they propel you along. Suitable for all fitness levels. Contact Elizabeth Kerley. **Tel: 01928 722334**.

The Website www.walk4life.info provides information on local organised walks for all levels of health. Short walks around Victoria Park, Runcorn Hill, Phoenix Park, Town Park, Windmill Hill, Murdishaw and the Canalside beside the Brindley are all available.

Men's Recharge Courses for men over 50 gives the opportunity to come together and take part in activities and build friendships. It offers a wide range of activities, regular health checks, days out together etc. **Tel: 0300 0290029** or email HIT@halton.gov.uk

The **Sunshine Singing Group** meets every **Wednesday** at Ditton Community Centre from 12:30pm to 2pm. They aim to promote wellbeing of members, encourage friendship and community. The Group is for fun and welcomes people of all singing abilities. Contact Joan Whitworth on **01928 779571** or email her on joan.pw@ntlworld.com.

Age UK Mid Mersey provides a free, impartial information and advice service for older people and their families in Halton. **Tel: 01928 575400**

Halton Citizens Advice Bureau provide free, independent, confidential and impartial advice. They help people to overcome their problems and to come together to campaign on big issues when their voices need to be heard.

They offer a wide range of help on debt management, problems with housing and rent, relationship issues, consumer rights etc. They also offer advocacy and representation services and help people to access grants etc.

Tel: 0344 477 2121.

Halton and St Helens VCA provides advice, information and support to volunteers. Volunteering gives you the opportunity to learn new skills and make friends along with the satisfaction of giving something back to the community.

The Halton and St Helens VCA is based at St Marie's Church, Widnes and has a list of current volunteer vacancies.

Tel: 01928 592405 Halton residents aged between 40 and 74 can access a **free health check at the Select Security Stadium Widnes**. The check can help prevent heart disease, stroke, diabetes and kidney disease.

Email: Rebecca@widnesvikings.co.uk or **Tel: 0151 495 2250**

Golden Generation brings together people aged 55+ to take part at the Select Security Stadium in cultural and heritage related activities about the Vikings' Past Glories. **Tel: 0151 495 2250.**

There is **Touch Rugby** at the Select Security Stadium which is suitable for elderly people. **Tel: 0151 495 2250.**

Halton Borough Council provides throughout the Borough the following activities for older people (and much more!):

Chair Based Exercise for Older Adults

Yoga for Women

Fit 2 Dance

Tai Chi

Stay Fit Exercise
Pilates on the Ball
Pulmonary Master Classes
Body Conditioning Classes
Health Walks
Over 50s Circuit classes
(suitable for Cardiac Rehabilitation)
New Age Bowls
Curling
Table Tennis
Short Mat Bowls
Men's 50+ Badminton
Walking Football
Run in Halton Routes

Contact Paula Parle for further details on **0151 511 8550** or the Health Improvement Team on **0300 029 0029**.

For Swimming sessions contact Kingsway Leisure Centre.

Tel: 0151 495 2000 or your local municipal swimming pool in Runcorn or Widnes. Activities available for all levels of fitness and age.

Older 50+ Adults Multi Activity including **New Age Bowls, Curling, Badminton , Walking Football** and Boccia available at the Kingsway Leisure Centre **Tel: 0151 495 2000**.

Bounce into Action Table Tennis (age 50+) at the Select Security Stadium.

Short Mat Bowls at Hale Village Hall Widnes.

Tel: 0151 511 8550 and “Older but Wiser” Wellbeing Group at The Heath Business Centre, **Tel: 07971 832467**
www.olderbutwiser-wellbeing.com.

Tea Dances take place at the Heath Business and Technical Park in Runcorn every Monday and Friday Lunch Time organised by Older but Wiser Wellbeing. You can join in ballroom, sequence and other types of dancing, or sit and enjoy some tea and cake and on occasions learn or brush up on technique from a dance tutor.

To find out more **Tel: 07971 832467** or **01928 237228**

**FREE PARKING for people attending the
URGENT CARE CENTRE at
HALTON GENERAL HOSPITAL**

All you have to do is provide your vehicle registration number at reception when booking in and you are able to park for free. There are other concessions for cancer patients, unpaid carers, long term visitors of patients, relatives of those patients who are receiving End of Life care and renal patients. Further details available from the General Office at the Hospital.

TRANSPORT

If you are in receipt of an older person Bus Pass issued by Halton Borough Council, you are entitled to a one-year Senior Citizen Railcard at a discounted rate. Further details are available at the Direct Link Offices in Widnes and Runcorn.

Senior Railcards are available for anyone over 60 at a cost of £30 per year. It gives you a third off Standard and First Class at any time Off Peak or Advance Fares. It also entitles you to unlimited free bus travel at your origin and destination. Finally, it provides discount offers on Hotels, Theatres, Tourist Attractions etc. for both you and your partner.

Tel: 0345 300 0250.

Dial a Ride operates Monday to Friday between 12 noon and 2pm and is available to residents of Halton who “because of mobility problems” find it difficult to use Public Transport. Pick Ups and drop offs are from door to door.

Tel: 0151 257 2414.

Evening Safe Transport is available to Dial a Ride customers. Pick Ups from door to door. **Tel: 0151 257 2411.**

Community Minibuses provide safe transport for local community groups. Destination anywhere in the UK.

Tel: 0151 257 2415.

The Independent Living Centre in Collier Street, Runcorn provides a daily wheelchair accessible service for residents who, due to mobility problems, find it difficult to use Public Transport. Pick Ups are from door to door. Service can be booked a day before your journey. **Tel: 0151 257 2414.**

Shopmobility provides electronic scooters and manual wheelchairs for hire in the Runcorn Shopping Centre.
Tel: 01928 710144. Disability Aids and Equipment are also available for purchase.

Bus Route Timetables are available free of charge at the Runcorn and Widnes Direct Link Offices.

ADVICE ON DEALING WITH SCAMS

Halton Trading Standards provide a free email alert service which warns you of local scams and advises you how to avoid them. The service is called **ICAN** and you can sign up to receiving warning emails by sending your name and email address to www.trading.standards@halton.gov.uk

Age UK Mid Mersey produce some very useful booklets on a wide variety of topics, one of which is on “Avoiding Scams”. The booklet describes the various types of scams and what to do about them. Equally importantly it includes advice on how to avoid the various types of scam. The booklet, like many others is free of charge from the Age UK (Mid Mersey) office at 44 Church Street Runcorn. Open Mon, Tues and Thurs between 9:30am and 1pm, or at the stall in Widnes Market Mon, Wed Friday between 9:30am and 1pm.

STAY SAFE TEAM

Age UK Mid Mersey office – 44 Church Street Runcorn (Tel: **01928 575400**) also has a Stay Safe Team made of staff who have vast experience in identifying ways to assist people to remain independent and safe in their own homes. They can give advice and support with regards to home security, safety and other services available for older people in Halton. The Office is open 9:30 to 1pm Monday, Tuesday and Thursday

SAFE IN TOWN SCHEME

The Safe in Town scheme in Halton is there to help people to keep safe and feel safe when they are out and about. People who are 14+ and have a learning or physical disability, people with Alzheimer's and other dementia and people over 60 can sign up for the Safe in Town Scheme. When you sign up you will be given a card the size of a credit card (that fits into a wallet or purse) on which you can write the telephone number of someone who can be contacted on your behalf in an emergency. This could be a friend, relative or carer. If you are out and about and don't feel safe, you can go into any shop or building in Halton that displays the Safe in town logo. If you show them your card they will phone the person you want them to call and keep you safe until that person comes and collects you. **Tel: 01928 588526**

COMMUNITY CENTRES

There are 5 Community Centres in Halton managed and funded by Halton Borough Council and 4 Community led centres. They all have a wide range of activities including Bingo, Art Classes, Health and Weight management, Yoga, Dance Groups, Zumba, Tai Chi, Bowls, Keep Fit for over 50s and much more.

Get in contact with them and learn more, you will be surprised what is on and how easy it is to get involved.

RUNCORN COMMUNITY CENTRES

CASTLEFIELDS Community Centre, Village Square,
Castlefields, Runcorn, WA7 2ST. **Tel: 0151 5117474.**

GRANGEWAY Community Centre, Grangeway,
Runcorn, WA7 5HA. **Tel: 0151 511 8610**

MURDISHAW Community Centre, Barnfield Avenue,
Runcorn, WA7 6EP. **Tel: 0151 511 7910**

BEECHWOOD (Community Led) Community Centre,
Beechwood Avenue, Runcorn, WA7 3HB. **Tel: 01928 565014**

BROOKVALE (Community Led) Community Centre,
Northwich Road, Brookvale, Runcorn, WA7 6PE.
Tel: 01928 751699 or 795171.

HALTON BROOK (Community Led) Community Centre,
Meadway, Halton Brook, Runcorn, WA7 2DY.
Tel: 01928 563441

PALACEFIELDS (Community Led) Community Centre, The
Uplands, Palacefields, Runcorn, WA7 2UA.
Tel: 01928 796235

WIDNES COMMUNITY CENTRES

DITTON Community Centre, Dundalk Road, Widnes, WA8 8DF.
Tel: 0151 511 8210

UPTON Community Centre, Hough Green Road, Widnes,
WA8 4PF. **Tel: 0151 423 1386.**

ALL of the centres have rooms for hire and hold community events throughout the year, many have cafes open most days of the week. Go along and Enjoy yourselves!



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ageactionalliance.org

WORKING TOGETHER

