

# Halton

## Lifestyle, social and welfare services

### Smoking

Halton Health Improvement team help and advise on how to cut down or stop smoking. Visit:

.....  
[hit.activehalton.co.uk/  
quit-smoking](http://hit.activehalton.co.uk/quit-smoking)  
.....

Phone 0300 029 0029

### Alcohol

**Change Grow Live** provide rapid and open access to assessment and treatment for people experiencing problems with drugs and/or alcohol. Visit:

.....  
[changegrowlive.org](http://changegrowlive.org)  
.....

Phone 0151 422 1400

**Young Addaction** provide support to young people and families with drug and alcohol problems or in need of mental health support. Visit:

.....  
[hit.activehalton.co.uk/alcohol](http://hit.activehalton.co.uk/alcohol)  
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Phone 01928 240 0406

### Physical activity

**Fresh start** is a diet and exercise programme with personalised, on going support to help you get fitter and healthier.

.....  
[hit.activehalton.co.uk/  
fresh-start](http://hit.activehalton.co.uk/fresh-start)  
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Phone 0300 029 0029

**Fit 4 Life** diet and exercise programme run by trained staff.

Free sessions are run for children aged 4-13 years and their families who are above a healthy weight. Visit:

.....  
[hit.activehalton.co.uk/project/fit-4-life-community/](http://hit.activehalton.co.uk/project/fit-4-life-community/)  
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Phone 0300 029 0029

Fresh start is a diet and exercise programme with personalised, on going support to help you get fitter and healthier. Visit:

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[hit.activehalton.co.uk/fresh-start/](http://hit.activehalton.co.uk/fresh-start/)  
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Phone 0300 029 0029

**Living Well with Cancer programme and Yoga 4 Cancer** - Halton offers a number of Exercise referral programmes for people with different health needs, including a variety of classes and rehabilitation programmes for people who have experienced or at risk of stroke, heart attack and breathing problems. You can ask your GP for more information. Visit:

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[hit.activehalton.co.uk/lifestyle-referral/](http://hit.activehalton.co.uk/lifestyle-referral/)  
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Phone 0300 029 0029

**Fit 4 Life** diet and exercise programme run by trained staff and Widnes Vikings community coaches. Free sessions are run for children aged 4-13 years and their families who are above a healthy weight. Visit:

.....  
[hit.activehalton.co.uk/project/fit-4-life-community/](http://hit.activehalton.co.uk/project/fit-4-life-community/)  
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Phone 0300 029 0029

## Social and welfare

**Widnes and Runcorn Cancer Support Centre** offer guidance, information and support including therapies, peer support and welfare benefits

## Healthy eating

advice to anyone touched by Cancer.

Phone

0151 423 5730 or  
0151 424 8989

**Citizens Advice** - Help across many subjects including debt, housing, relationship issues, work and benefit problems.

Phone 0344 477 2121

**Halton Carers Centre** provide advice and support to anyone who is caring for another person.

Phone

**Widnes** 0151 257 9673  
**Runcorn** 01928 580182

**Kooth** – offer free, safe and anonymous online emotional and wellbeing support for young people.

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[kooth.com](http://kooth.com)  
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**Housing solutions** offer help and advice on housing from problems paying rent or mortgages, landlord problems, homelessness. Visit:

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[halton.gov.uk](http://halton.gov.uk)  
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Phone: 0303 333 4300

**Foodbanks** can provide emergency food supplies for people in crisis. For help and advice visit:

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[widnes.foodbank.org.uk](http://widnes.foodbank.org.uk)  
.....  
[runcorndistrict.foodbank.org.uk](http://runcorndistrict.foodbank.org.uk)  
.....

Phone

Widnes 0151 422 0031  
Runcorn 07922 072906

## Blood pressure

You can get your blood pressure checked at your local pharmacy or general

practice, at community events and kiosks, and you could even buy a machine to check your own blood pressure at home. For more information about high blood pressure you can visit the following websites:

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[nhs.uk](https://www.nhs.uk)  
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[bloodpressureuk.org.uk](https://www.bloodpressureuk.org.uk)  
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[stroke.org.uk](https://www.stroke.org.uk)  
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[bhf.org.uk](https://www.bhf.org.uk)  
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This information is brought to you by Public Health Liverpool on behalf of the Cheshire and Merseyside Cancer Alliance.