



HEALTHWATCH WARRINGTON NEWSLETTER

Merry Christmas

From Healthwatch Warrington. The Team wish you all a very Merry Christmas. We have pulled together some useful information for you during the festive period.



healthwatch Warrington Holiday Opening Hours

23rd Dec	CLOSED
Christmas Eve	CLOSED
Christmas Day	CLOSED
Boxing Day	CLOSED
27th Dec	CLOSED
28th Dec	9:00 AM - 5:00 PM
29th Dec	9:00 AM - 5:00 PM
30th Dec	9:00 AM - 5:00 PM
New Years Eve	CLOSED
New Years Day	CLOSED
2nd Jan	CLOSED
3rd Jan	9:00 AM - 5:00 PM

A reminder of our opening times over the festive period. If you need help and support during Christmas and New Year you can visit our [support pages](#) for advice and information.

Pharmacy

Warrington Pharmacy Opening Hours

Christmas Day
Well Pharmacy- The Baths Health & Wellbeing Centre, Legh Street WA1 1UG: 10am-4pm
Stockton Health Pharmacy- Stockton Heath Medical Centre, The Forge WA4 6HJ: 10am-12pm
Hughes Pharmacy-158 Knutsford Road, Grappenhall WA4 2QU: 2-4pm

Boxing Day
Well Pharmacy- The Baths Health & Wellbeing Centre, Legh Street WA1 1UG: 10am-4pm
Stockton Health Pharmacy- Stockton Heath Medical Centre, The Forge WA4 6HJ: 10am-12pm

27th December
Well Pharmacy- The Baths Health & Wellbeing Centre, Legh Street WA1 1UG: 10am-4pm
Stockton Health Pharmacy- Stockton Heath Medical Centre, The Forge WA4 6HJ: 10am-12pm

New Years Day
Well Pharmacy- The Baths Health & Wellbeing Centre, Legh Street WA1 1UG: 10am-4pm
Stockton Health Pharmacy- Stockton Heath Medical Centre, The Forge WA4 6HJ: 10am-12pm

Remember to have order your repeat prescriptions in advance!

www.healthwatchwarrington.co.uk

During the festive period many pharmacies will not be open. You can find a list of pharmacies that are open and their times on our [website](#).

(Opening times are subject to change- please ring ahead before making a journey)

[Pharmacy Opening times](#)

Mental Health Support

Get Warrington Talking have created a wonderful resource about what support is available during the festive period. You can download the resource and share [here](#).



Mental Health Crisis Support



The stay alive app is a suicide prevention resource for the UK. Download via your chosen app store.



Tel: 0300 123 3393
Provides advice and support to empower anyone experiencing a mental health problem.



Tel: 0300 0030396
Relate are the UK's largest provider of relationship support.



Tel: 0808 8020133
Support for anyone affected by gambling problems across Great Britain.



Tel: 0808 800 2222
Provides emotional support, information, advice and guidance on any aspect of parenting and family life



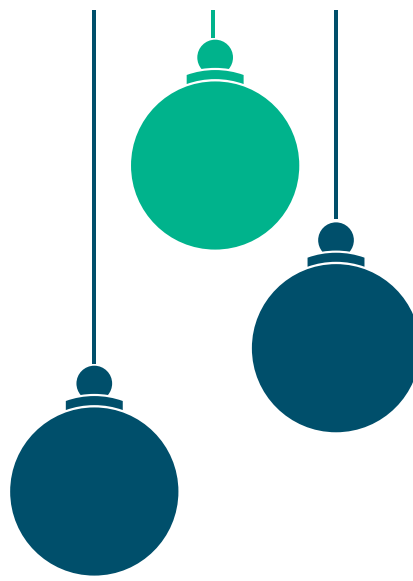
Tel: 0300 088 9255
Provides emotional and practical support for anyone who has been affected by a suicide.



A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.



Tel: 0800 051 1508 (freephone)
Dedicated 24/7 urgent mental health crisis helplines, covers Warrington, St Helens, Knowsley and Halton.



Mental Health Crisis Support



Tel: 116 123
Operates a 24-hour service available every day of the year. Or you can email jo@samaritans.org



Tel: 0800 58 58 58
CALM is a leading movement against suicide. It runs a UK helpline and webchat from 5pm to midnight 365 days a year.



Tel: 0808 1961 776
Free helpline and support service for people (or family members) who may be suffering with perinatal mental illness, including prenatal and postnatal depression.



Tel: 0800 1111
Helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.



Tel: 0800 068 41 41
Support for teenagers and young adults who are feeling suicidal.



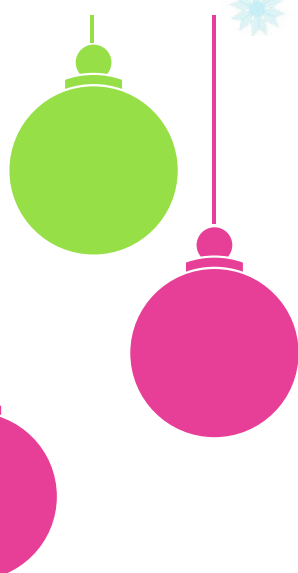
A website for students who are depressed, have a low mood or are having suicidal thoughts.



A website containing a comprehensive list of mental health resources for the people of Warrington.



A comprehensive national mental health support database. Download the free app, or text HOPE to 85258 to find relevant services near you.



Urgent Care

Before you come to A&E, ask yourself is it an emergency? Is it life threatening? If you're feeling unwell, but it's not an emergency you can visit our Runcorn Urgent Treatment Centre (open everyday from 8am to 9pm, please arrive before 8pm)

Remember - always call 999 in an emergency

Choose the right service for you Warrington and Halton Teaching Hospitals NHS Foundation Trust

999 Only in an emergency: loss of consciousness, severe breathing difficulties, heavy bleeding	(A&E) Emergency Department
When it's urgent but not life threatening: sprains, fractures, minor burns, skin infection	Urgent Treatment Centres Runcorn & Widnes
For symptoms that don't go away: ear pain, back pain, stomach pain	GP Surgery
Feeling poorly and need advice about: fevers, stomach upset, aches & pains, headaches	Pharmacy
Need help fast and its not an emergency? Unwell? Confused? Need help? NHS 111 can also book time slots at Urgent Care Centres, GP practices and A&E, if needed.	NHS 111
For common ailments and illnesses: hangover, grazed knee, sore throat, cough	Self-care

Do you know where to go? Warrington and Halton Teaching Hospitals NHS Foundation Trust

<p>A&E</p> <ul style="list-style-type: none"> Loss of consciousness Acute confused state and fits that are not stopping Chest pain Breathing difficulties Severe bleeding that cannot be stopped Severe allergic reactions Severe burns or scalds Stroke Major trauma such as a road traffic accident 	<p>UTC</p> <ul style="list-style-type: none"> Minor cuts or wounds Sore throats Bites or stings Rashes and allergic reactions Prescribed medication (subject to assessment) Minor burns and scalds Coughs and colds Muscle or joint injuries (eg. sprains and strains) Earache Eye injuries and infections Emergency contraception <p><small>Anyone who has a cough, high temperature or any symptoms of COVID-19 should only visit Runcorn UTC when they can provide evidence of a recent negative PCR test.</small></p>
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[More information on UTC](#)

Cost of Living

Cost of living support in Warrington

Help and support is available



warrington.gov.uk/cost-living-support

There are lots of organisations and schemes that can help you manage through the current cost of living crisis. Some of these are local to Warrington and there are also national schemes available to you.

Warrington Borough Council have created a list of help into different categories, depending on your specific situation. These include support with food, finances, bills and childcare.

[Find out More](#)

Strep A

Group A Strep (GAS) is a common bacteria which causes a range of infections including scarlet fever. These infections are usually mild. It can also cause a rare, more serious infection called Invasive Group A Strep (iGAS). This occurs when GAS bacteria gets into parts of the body where it causes serious disease, like the lungs or bloodstream.

UK Health Security Agency **#GroupAStrep**

Group A Strep (GAS)
Cases of Invasive Group A Strep (iGAS) are rare. Some current cases are presenting with sepsis-like symptoms.

Be aware of important sepsis symptoms:

- ▶ Blue, pale or blotchy skin, lips or tongue - on darker skin, check for blueness on the lips, tongue or gums, under the nails or around the eyes
- ▶ rash that doesn't fade when you roll a glass over it
- ▶ difficulty breathing
- ▶ weak, high-pitched cry - not like their normal cry
- ▶ not responding like normal, not interested in feeding or normal activities
- ▶ being sleepier than normal or difficult to wake.

UK Health Security Agency **#GroupAStrep**

Group A Strep (GAS)
Parents should trust their judgement when their child is poorly. Speak to your GP or call 111 if your child is poorly and getting worse.

Always call 999 or go to A&E if your child:

- ▶ Is having difficulty breathing - such as grunting noises or their tummy sucking under their ribs
- ▶ there are pauses when your child breathes
- ▶ child's skin, tongue or lips are blue
- ▶ is floppy and will not wake up or stay awake.

[More information](#)

Get involved



In the New year we will be offering more training for Enter & View Reps and more- we have volunteering positions that involve talking to people about their experiences of health and social care, to writing reports, to updating our social media - **volunteers** are vital to our work.

Whether you have a few hours to spare or are looking for a regular commitment, we've got a volunteering role to suit you.

[Volunteer with us](#)



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