



Halton & St Helens
Voluntary and Community Action

Showcasing the Voluntary Sector in Halton



Introduction

Welcome to Halton & St Helen's VCA's 'Showcase' of Halton's Voluntary, Community, and Faith sector organisations. Within this Directory, a selection of Halton's voluntary sector partners have mapped their work against the key local priorities of,

- Starting well
- Living well
- Ageing well, and the
- Wider determinants

This enables, statutory partners to pinpoint the VCFSE partners that can actively and efficiently contribute to achieving local aims and objectives.

With ever expanding financial cuts, the sectors' ability to thrive has been curtailed locally, but the vibrancy, innovation, and commitment remains. And while services cannot continue in their current form without appropriate, local, statutory support and funding, it is worth remembering that VCFSE organisations are key to public service delivery.

With a proven ability to reduce statutory costs, and improve outcomes for local people, Halton's Voluntary, Community, and Faith Sector Groups bring a wealth of knowledge and experience, as they provide unique insight on issues faced by local communities.

More specifically, Halton's VCFSE sector partners can,

- Reach communities that are furthest away from statutory services
- Provide knowledge and insight on the assets, needs and aspirations of communities of place and interest, to inform decision-makers and funders
- Act flexibly, nimbly and in partnership when responding to local need
- Deliver cost-effective activities and services closest to where they are needed most
- Bring funding from other sources into the local area. **

Local Priorities



SW

Starting Well

The starting well agenda focuses on the following areas:

- Offering a service to children and young people that will improve their health and wellbeing
- Driving improvement in children's health, social and educational service provision
- Supporting families to become more informed and involved in decision making about their health
- Improving access to services for families and children at risk of poor health
- Improving communication across service providers as well as with children and their families
- Promoting services and opportunities for children and young people



LW

Living Well

The living well agenda focuses on the following areas:

- Providing services and resources for people with, or at risk of, poor health
- Starting community conversations about health, wellbeing, and how to promptly access the right support
- Increasing access to services for people with poor health
- Helping local people to be more informed, and to make decisions about their health
- Reducing admissions for self-harm

Local Priorities



AW

Ageing Well

The ageing well agenda focuses on the following areas,

- Providing services and resources for older people
- Starting community conversations about accessing the right support and resources
- Helping older people to be more informed, and to make decisions about their health
- Reducing loneliness and isolation
- Reducing falls
- Reducing the impact of frailty
- Providing services, support, and resources regarding life limiting illness, dying, death, and bereavement



WD

Wider Determinants

The wider determinants focus on,

- Reducing health inequity
- Improving awareness and access to services
- Recruiting and retaining people with disabilities, or long term conditions
- Promoting healthy working environments

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The Alzheimer's Society Halton

Tannery Court, Tanners Lane

Warrington, WA2 7NA

0151 420 8010

halton@alzheimers.org.uk

www.alzheimers.org.uk

Charity Registration Number: 296645



Alzheimer's Society support people living with dementia and their carers across Halton. Our Halton Community Dementia Advisers deliver one to one information, support and signposting to anyone with a diagnosis, or those worried about their memory. This covers topics such as understanding a diagnosis, Lasting Powers of Attorney, welfare benefits, living well and accessing community groups, making your home dementia friendly, and coping with changes in behaviour. We also run activity groups in Runcorn and Widnes where people can take part in various activities, socialise and get support.

AW

Halton Community Dementia Advisers can visit families at home to discuss their needs and provide information, signposting or support as necessary. Keep in Touch calls provide support to address any concerns or issues as dementia progresses and anyone can contact our advisers at any point. There is a direct link to our welfare benefits advice. We can complete benefits assessments, applications and appeals on a person's behalf. Referrals can be made into Alzheimer's Society's Lasting Power of Attorney assistance service for completion of the application forms. We provide information and support on accessing and paying for social care. We provide Dementia Friends awareness sessions, delivering free one hour dementia awareness workshops to organisations and groups across the borough. We provide advice on making your home dementia friendly, preventing falls and keeping safe, and advice and support on home energy. Through our partnership with Cadent we can provide support with issues around home energy usage and keeping warm. We provide support with managing symptoms of dementia as it progresses such as changes in behaviour, mood, sleeping and physical health. Support is provided Monday to Friday 9am – 5pm by our Halton Community Dementia Advisers and out of hours by appointment. Additional support is available via our Dementia Support Line operating 10am – 4pm at weekends and until 8pm Monday to Wednesday.

WD

Through delivery of our Dementia Friends awareness sessions we aim to raise awareness of dementia amongst communities to make services more accessible and inclusive of those living with dementia. This can support workplaces to become more understanding of dementia and supportive of their employees who may be living with or caring for a person with dementia.



The Autism Wellbeing Project CIC

Brookvale Community Centre
Northwich Road, Runcorn, WA7 6PE

01928 620 961

www.theautismwellbeingproject.co.uk

CIC Registration Number: 15019077



We are a non-profit organisation dedicated to supporting autistic adults in Halton and the surrounding areas. As a Community Interest Company (CIC), our primary goal is to provide comprehensive support services tailored to the unique needs of each individual. At The Autism Wellbeing Project, we believe in taking an innovative and holistic approach to support. By combining our expertise in mental health, social care, and inclusive education, we strive to create a supportive environment where autistic individuals can thrive.

LW

We deliver NHS, Social Care, and privately commissioned therapy, mentoring and PA support. This reduces admissions and referrals to mental health services and assists with earlier, but well-supported, discharge from the hospital. We provide a wide range of free activities based around the principles of the health triangle, aiming to improve physical health, mental health and social health. These activities include; Weekly wellbeing zooms to share mental health tips and coping strategies, cooking classes to promote healthier eating, and autism friendly health clinics. We provide a Sport England funded exercise timetable including activities such as walks, swimming and aquacise, self defence, yoga and many more classes. We provide social meet ups which include the provision of food and drink. We also deliver training for the wider workforce including the Oliver McGowan Mandatory Training, Mental Health First Aid, Suicide First Aid and Autism Affirming Therapy.

AW

Our activities support anyone over the age of 18, with or without a diagnosis

WD

We are passionate about addressing inequalities through delivering training and empowering our community to advocate for themselves. Many of our community are now trained as Experts by Experience for programmes such as the Oliver McGowan Mandatory Training and the National Autism Trainer Programme. This has resulted in them having the opportunity to be paid for the training they deliver. We also employ many neurodivergent and disabled people and are a Disability Confident employer. We also support the government Access to Work scheme providing coaching to support people in the workplace.



Cheshire Asbestos Victim Support Group

3 Fryer Street
Runcorn
WA7 1ND
01928 576 641

Charity Registration Number: 1042679

The group was formed in 1992 and received Charity Status in 1994. We are a voluntary group run by volunteers, who manage a salaried Advice/Support worker and an Administration Assistant. Halton and the surrounding Cheshire areas were once home to giant Asbestos Corporations and many other industries using asbestos on a very large scale. This has resulted in thousands of workers being exposed to the fibres without protection. Asbestos related diseases can take up to 50 years to develop and the recognition of this by Medical Authorities has seen a vast increase in the confirmed number of people that have either died or been disabled through asbestos exposure. The service we provide has already been recognised as providing important specialist help and advice to such an extent that we receive referrals and enquiries from the Coroners offices, Hospitals, Consultants, and Lung Specialist Nurses. In 2018 the group were successful in winning the Queens Award for voluntary service, which is equivalent to an MBE.

AW

We are a unique charity for the Cheshire area, who help and support newly diagnosed sufferers of an asbestos related disease. We provide mental and emotional support through social events, assisting sufferers to form friendship groups following their diagnosis.



Dawnstar Gaming CIC

Widnes

Christopher Moss – Director

info@dawnstargaming.co.uk



CIC Registration Number: 14730164

Dawnstar Gaming CIC is a community-focused organisation that provides inclusive gaming sessions, particularly for students with special educational needs (SEN) aged 11–16, but available to the wider community. It aims to create a safe and engaging environment where people of all ages and abilities can connect, learn, and have fun through gaming. The initiative fosters social interaction, skill development, and creativity, making gaming accessible and beneficial to the wider community.

SW

By offering inclusive gaming sessions that focus on social interaction and creative engagement, we promote mental wellbeing and emotional health in young people, particularly those with special educational needs (SEN). Our activities provide a safe space where young people can unwind, reduce stress, and build confidence. Here, children can learn and develop through alternative methods, such as gaming. We encourage families to become more involved in their children's recreational activities, providing a sense of support and inclusion.

LW

By offering structured gaming sessions, we help young people engage in positive, inclusive activities that reduce social isolation, which is a known risk factor for poor mental health. We provide a welcoming space for children who might otherwise find it difficult to participate in mainstream activities due to their needs. By offering a positive, structured, and supportive environment, we help mitigate some of the emotional challenges faced by young people, including those that might lead to self-harm.

AW

By engaging in broader community initiatives and partnerships, we can serve as a hub for multigenerational interactions. Gaming, when used inclusively, can be an excellent tool for social connection, and contribute to reducing loneliness and isolation among older people.

WD

By offering tailored opportunities for social and recreational engagement, we help reduce inequities in access to beneficial activities, promoting mental wellbeing and social inclusion for a marginalized group. Our sessions provide a model of healthy interactions, communication, and respect that contributes to a healthier community.



Dead Positive

Widnes

07306 153 989

enquiries@kirstiecelebrant.co.uk

CIC Registration Number: 15745206



Dead Positive exists to encourage the community of Halton and beyond to engage in discussions about dying, grieving, and the rituals we perform after death. Dead Positive will raise awareness around issues associated with death, grief and end-of-life rituals through the provision of accessible information, activities, training, and events. Dead Positive provides a safe space for conversation about death, dying, bereavement, and after death rituals.

SW

Effective and appropriate decision making when experiencing the end of someone's life can have a hugely positive impact on how well that family copes with their experience, and significantly on how well they are able to keep their family together and functioning in a healthy way. Grief can and does shatter people and tear families apart. In supporting people to make informed and appropriate choices at this pivotal time, the often-catastrophic effect of death and grief on an individual's health can be avoided.

LW

Our community's reluctance to allow space for conversations about death means that negative thoughts and feelings fester in a place of misinformation, fear and shame. Through open dialogue and accessible training, events and resources, Dead Positive helps people to start conversations, and be more informed about issues resulting from their experience of death and grief and about the ways in which these may have a detrimental impact on their health. This builds resilience and positive healthy coping strategies.

AW

Dead Positive educates older people to be aware of the myriad of choices available to them and their families, and supports them in opening difficult dialogue with those closest to them, who may often be most reluctant to listening at this point and on these matters. By providing events and resources the closed, secretive and lonely nature of these experiences can be shared with others. This means that the additional issues associated with these can be reduced and this barrier to ageing well lessened considerably.

WD

Death affects people within their working lives. Not only the person who has directly experienced the loss, but also those working with them, who may be unsure of how to interact with their colleague upon their return to work. A healthy working environment is one in which people do not feel compelled to walk on eggshells nor do they feel that their personal circumstances are disregarded or disrespected. By providing training and resources around coping with a loss, and around having difficult conversations, Dead Positive can make a meaningful contribution to the improvement in the health of working environments for all.



At The Deafness Resource Centre (DRC), we are dedicated to providing support, resources, and services to individuals who are D/deaf and Hard of Hearing, as well as their families and friends. Our centre is a hub of information, assistance, & community for the D/deaf population in Halton, and the surrounding areas. Our mission is to empower individuals with hearing loss to live fulfilling and independent lives. We understand the unique challenges faced by the D/deaf community, and we strive to break down barriers and promote inclusivity in all aspects of life. In Halton, we partner with Vision Support bringing us together as Halton Sensory Services, thus supporting people with sensory loss of hearing and or sight loss.

SW

We have a dedicated Children and Families team that aims to increase independence, improve communication and build confidence. We can provide the child/ren with development, life skills and access to opportunities from 1 hour or more a week funded via their EHCP or social care budget. We offer a six-week family sign language course, and a youth group for ages 8 – 16. Every year we offer a youth residential for D/deaf children and CODA's. We have experience of working in schools, large corporate organisations, charities, and local authorities, providing support for individuals, groups and staff. We host the Children Hearing Services Working Group that brings together service providers working with D/deaf children and their families. The aim of the group is to work collaboratively to ensure services are meeting the needs of children and families.

LW

Our support helps reduce isolation, and poor mental health; and seeks to improve overall wellbeing and confidence. We regularly provide mental health and wellbeing courses. Our role is to empower and enrich the lives and wellbeing of people.

AW

We have a dedicated team to support the older person, especially with regards to hearing loss. We provide free technology aids and the positive impact of this is huge. We have data that shows anxiety and isolation is reduced, their feeling of safety increases, as does their confidence. We also provide social groups, and complete home assessments, signposting to appropriate services as required.

WD

We provide Advocacy Support to help clients express their views and wishes, secure their rights, have their interests represented, access information and services, and explore choices and options. We provide Deaf Awareness training and BSL Courses to encourage the hearing community to have a better understanding of the challenges faced by deaf and hard of hearing people and to ensure best practice, engagement and awareness of adjustments required.



We are a not-for-profit community interest company which provides projects in digital arts and technology in the local community. Everything we do has a social aim. We take on commercial commissions as well as funded projects. All profits are reinvested into providing more community workshops & projects.

SW

We're committed to improving digital skills, inequality, wellbeing & poverty in marginalised communities in & around Halton, which is among the UK's top 10% most deprived areas. We conduct outreach programmes offering free tailored digital skills workshops, equipped with the necessary technology, at easily accessible community venues. We partner with local schools and organisations, for example, on a project raising awareness of the dangers of loan sharks through AI art generation and digital drawing. The images the students created have been shown in local community venues, including the local libraries and their schools. The project gained national media attention, promoting safety and welfare beyond our community.

LW

Cuppa 'n' Create is a project we run providing free digital art, crafting and photography sessions for adults in Halton who've faced challenging circumstances. These circumstances often include disability and mental health challenges. Providing a safe, social environment where participants can learn a new skill, gain confidence, and be social, has huge benefits to their wellbeing. We also ran Cuppa 'n' Create sessions focused on cancer survivors and those who love them. Participants joined us for a blend of artistic exploration and socialising with professional tutors guiding them through various creative skills. As well as our digital art tutors, we had a cancer support worker from Halton Cancer Support Group present in the sessions to provide emotional support, advice, and signpost participants to local support organisations. Beyond this, in today's digital age, basic digital skills are crucial, many in our communities lack them, perpetuating inequality. Simple tasks like booking doctor's appointments or joining a local social club require digital understanding, so promoting these skills through our projects and workshops improves the welfare and life outcomes for participants.



Educate Your Plate CIC

Rainhill

www.educateyourplate.co.uk

CIC Registration Number: 15710683



Educate Your Plate CIC (EYP) is a comprehensive nutrition and health education company with a focus on tackling healthy inequality. EYP addresses key issues such as sustainable weight management, childhood nutrition, healthy ageing, and overall well-being. Through a combination of education, empowerment, and practical strategies, we help people make informed food choices, develop healthier habits, and achieve lasting results. Our mission is to support the community to live better, for longer through webinars, online programmes, live workshops and other services, as required.

SW

Qualified teacher: Health and nutrition education via workshops, seminars, resources such as educational guides and meal plans, live cooking classes.

LW

Qualified teacher: Health and nutrition education via workshops, seminars, resources such as educational guides and meal plans, live cooking classes, online platforms, newsletters and blogs, webinars.

AW

Qualified teacher: Health and nutrition education via workshops, seminars, resources such as educational guides and meal plans, live cooking classes, webinars, online platforms etc

WD

Educate Your Plate takes a flexible and adaptable approach to delivering health and nutrition education to those who need it. Reducing health inequity involves ensuring that all individuals, regardless of their socio-economic status, have access to the resources and opportunities necessary for maintaining good health and EYP can employ a variety of strategies to ensure access to health and nutrition education.



Fortuna Female Society

laurabevan777@gmail.com



Established in 2018 Fortuna Female Society are a grass roots community group providing support and signposting to women in Halton. Through a number of activities we provide a safe space for women to make connections and tackle social isolation. Activities range From Supper clubs to Art Sessions and various Ad Hoc events and projects. Through networking and partnership working we are able to signpost our members for additional support when they need it. We are committed to tackling stigmas attached to a number of issues that affect our members and hope to promote open and supportive conversations to ensure ladies accessing our groups and activities feel seen and heard.

LW

We help people be more informed about poor health and better life choices. We provide activities and talks to promote healthy lifestyles. Activities include walking, mindfulness, meditation, painting and a supper club to meet and make friends



Fresh-Beginnings Cookery CIC

Runcorn

07921579213

barbara@fresh-beginnings.co.uk

CIC Registration Number: 12050185



Fresh-Beginnings delivers cooking sessions for people with little, or no skills in the kitchen. We aim to give people the confidence they need to learn new skills to cook meals from scratch – making mealtimes a positive experience for families and individuals. We offer inclusive cooking sessions for all community members, fostering togetherness and skill building in a fun environment. We provide a valuable opportunity for individuals and groups to access nutritious and affordable meal options. By participating in our sessions, people can improve their overall health and well-being, develop a sense of independence, and build connections with others in the community. Our cookery sessions make a difference by empowering individuals to make positive changes in their lives through the joy of cooking.

SW

You cannot start too soon to teach children how to cook, especially when they are cooking with their family as it brings them all together to have a shared experience. The more they learn to cook, the more they will be willing to cook from scratch, trying new foods and recipes which will provide better health for all the family and encourage them to make healthier food choices which will improve their diet.

LW

With the rising cost of living, more people than ever before are facing severe challenges and financial hardship. We support those most affected by the cost-of-living crisis to cook on a budget. We help people to gain the confidence they need to learn new skills in the kitchen and cook meals from scratch. They no longer have to rely on takeaway food or ready prepared meals. Cooking from scratch helps them save money and avoid food waste. It also helps them to make better and healthier food choices which will help them with their diets.

AW

We carry out a lot of work with older people and these sessions not only help them to learn to cook, or just rebuild on any confidence they may have lost since no longer having to cook for their families. The sessions help with loneliness and inclusion as it gets them out and gives them a purpose along with the opportunity to socialise and make new friends.

WD

We can help food inequity – learning to cook meals at home from scratch allows the individuals to have more choice in the ingredients they use, making it easier to incorporate nutritious foods into their diet. This can help with health inequities by ensuring that individuals have access to healthy and affordable meals. Cooking can help individuals develop life skills and knowledge about nutrition and food preparation. This will encourage them to make healthier choices and take control over their health, ultimately reducing health inequities.



The Centre
Halton Cancer Support

Halton Cancer Support Group

21-23 Alforde Street Widnes Wa8 7TR
0151 423 5730
info@haltoncancersupport.org.uk
www.haltoncancersupport.org.uk



Charity Number: 1145810

We provide a community based welcoming environment where therapeutic support is available for people from Halton whose lives have been affected by cancer. We offer professional counselling, listening support, peer support groups, holistic and beauty therapies, support for children & young people, bereavement support and respite breaks.

SW

We offer a service to children and young people that will improve their health and wellbeing – specifically when a significant person in their life has been diagnosed with cancer. Our counsellor provides support sessions/counselling in school/college. These sessions provide a safe space and time for young people to discuss their feelings, fears and concerns about cancer, helping them to understand what cancer is and their emotions and reactions to what is changing for them. The sessions explore what support young people have and coping strategies to help and support them. The sessions build confidence and resilience skills, useful for all aspects of life.

LW

We provide services and resources for people with, or at risk of, poor health – specifically cancer patients, carers and those who have been bereaved. The services and resources we offer include professional counselling, listening support, peer support groups, holistic therapies, respite breaks, which all contribute to positive mental health and wellbeing. We also offer Tai-Chi sessions for general wellbeing and recovery.

AW

We provide services, support, and resources regarding life limiting illness, dying, death, and bereavement. We work in collaboration with Halton & St Helens VCA and Halton libraries to provide the Halton Bereavement Café – for local people who have been bereaved. We are part of the Halton Compassionate Communities Network, and are committed to encouraging conversation about life limiting illness, dying, death, and bereavement. We help to reduce loneliness and isolation. Many of our clients experience loneliness and isolation when dealing with their diagnosis, as carers or when they have lost a loved one. Our peer support groups provide connection, purpose and regular interactions.

WD

We improve awareness of, and access to services. We share community messages such as local activities and opportunities via our contact through newsletter and social media. We also signpost to various local services.



The vision of Halton Carers Centre is to see carers in Halton living fulfilled lives that enable them to perform their caring role to the best of their abilities whilst also achieving their own potential. Our work creates positive outcomes for both young and adult carers living in Halton. This includes support to improve mental health and wellbeing, to maintain strong family units, and to cope with the demands of life.

SW

Halton Carers Centre works with young carers aged 5-17 and currently we have around 1,500 registered young carers. Our work gives young carers the opportunity to be children, to have respite from their caring role and to have fun with people who are in similar circumstances. We also invest in young carers to equip them with the skills and qualities necessary to fulfil the responsibilities of their caring role. Our young carer support workers have a presence in most of our local schools, where we offer group activities in school and 1-2-1 reviews. This work helps children and young people to achieve in education and maintain positive attendance in school. We also emphasise family cohesion and hold regular 'family together' activities including trips.

LW

Research shows providing care can be associated with poorer mental and physical health, and with reduced quality of life, particularly with higher intensities of caring. Carers are less likely to look after their own health and more likely to take part in harmful behaviours such as smoking and drinking. Our work invests in carer well-being. Recent monitoring completed by over 200 carers told us that as a result of being engaged with Halton Carers Centre 71% of carers have a positive outlook on life – a key well-being indicator. As a result of our work the person being cared for also benefits – often reducing the need for more formal intervention and reducing the need for costly NHS services.

AW

Currently around 2,500 of our registered carers are over 65, and many of them care for a partner of a similar age. Of these, around 275 care for a loved one with dementia and access our dementia carer services. We also provide a service to carers for when the caring role ends. This supports older carers at this time of major life transition as they adjust to their 'new normal'.

WD

The reality is that any person can become a carer at any point in their life. We advocate for carers in the workplace, ensuring that employers can make supportive reasonable adjustments. We promote our services widely ensuring that every carer understands the support we offer.



Hope Corner is a Christian Charity, Church and Special Educational Needs School. We have various programmes for all ages and particularly specialise in supporting young people with Autism. We have a small staffing group as well as a host of volunteers who work in the various sections of the charity and support many people in the community. Hope Corner is a very friendly place to be and is open to all. We believe our Christian ethos is the strong foundation that enhances and drives all that we do.

SW

'Improvement' is something that is at the forefront of our work. Our particular approach with autistic young people has seen many of them move from being socially isolated to enjoying full integration into the community which includes employment and further education. We also support the families of the children and young people we work with including signposting them to any specialist they may need besides the practical help we provide.

LW

The nature of our charity and all that we provide for various age groups creates an environment where people who are in need of support are free to open up and ask about the help they are looking for. As mentioned previously, we are able to 'signpost' to other services if we cannot provide what is needed ourselves.

AW

This is a key area we are looking to develop even more in the next 3 years. We inform all the older people who attend Hope Corner concerning information that can really help them particularly concerning health.

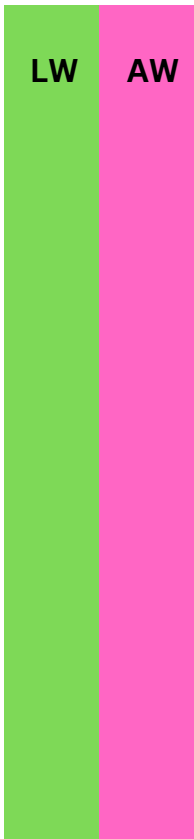


Macmillan Delamere Cancer Information & Support Centre
Delamere Centre, Halton General Hospital
Runcorn WA7 2DA
01928 753501/02
whh.macmillandelamerecancercentre@nhs.net



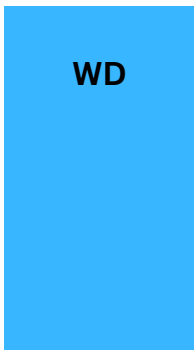
Charity Number: 261017

The Macmillan Delamere Cancer Information and Support Centre provides up to date cancer information to help people make informed choices about their treatment and care, offering practical advice and solutions for the every day problems that can arise from living with cancer. The Macmillan Cancer Information and Support Team, based at the Delamere Centre, Halton Hospital, provides people living with and beyond cancer, with free access to a wide range of specialist information and support which is tailored to each individual. The Team are available to help people with how they are feeling, give practical information and support and to help them find local support that can help them meet specific needs in their community.



Living with cancer can be a life-altering experience impacting on work, socialising, and hobbies. Faith and self-identify can be shaken or lost entirely. One of the benefits of our work is helping people to find what they have lost, or unlock potential ways to make the next chapter of their life powerful and impactful, for themselves and those around them. Our difference is simple but incredibly impactful. Our services are available through a referral from a medical practitioner but many self-refer/walk in following the recommendations and experiences of others who have had their lives changed by what we do. People who use our services spend roughly a year with us on their journey and as soon as they arrive, we are part of their story.

We offer services to all ages from 16+ who have had a cancer diagnosis or a member of family/friend who is supporting somebody going through or has had cancer. We provide services, support and resources on dying, death and bereavement. We offer Bereavement Counselling to family members, who have lost a loved one to cancer and are struggling with the overwhelming feelings of grief. One to one counselling sessions in a supportive, confidential space, help explore thoughts and feelings surrounding the loss and support the bereaved to adjust to life without the person they have lost.



The Centre aims to reduce health inequity within the workforce. We are always finding ways to improve awareness and access to all services within Halton. When recruiting for staff or volunteers, we always consider any disability or long term condition. We aim to promote a healthy working environment for all staff and volunteers and part of the support we offer is giving feedback from a member of the Team who is part of the Culture Champion Support Group to ensure that staff and volunteers have a voice within the workplace.



Medaille Trust

Head office address: 3 Ford Street,
Salford M3 6DP
0151 257 8326
enquiries@medaille-trust.org.uk

Charity Number: 1117830

Medaille Trust's mission is to provide refuge and freedom from modern slavery. We are one of the leading providers of support for survivors of modern slavery in the UK. Medaille Trust is also a designated First Responder organisation. This means that we have specially trained staff who can identify and support potential victims of modern slavery. For more information you can visit, <https://www.medaille-trust.org.uk/about-us>

WD

We are able to educate the local community about modern slavery and exploitation, act as a first responder if any potential victims are identified and offer follow on support after that identification.

We start community conversations about accessing the right support and resources.

We improve awareness and access to services for those that may be victims of exploitation or modern day slavery.



Mersey Wave

Suite 3a Transporter Bridge House
145 Mersey Road Widnes
WA8 0DT
mail@merseywavemusic.com
<http://merseywavemusic.com>

CIC Registration Number: 09244259

Mersey Wave is a community based music organisation that provides support and opportunities for people to join a community choir and engage in musical events. The Choir currently has approximately 60 members and rehearses in Hale Village.

AW

Our choir helps to reduce loneliness and isolation through our community based musical activities. We help people to increase their confidence and find their voice.

WD

Recruiting and retaining people with disabilities, or long term conditions. The activities promote healthy living through our gentle physical activities and mental wellbeing for all including those suffering from long term conditions and disabilities.



Merseyside Asbestos Victim Support Group (MAVSG)

108 Century Building Tower Street

Liverpool L3 4BJ

0151 236 1895

info@mavsg.org



Charity Number: 1178374

Since 1993, Merseyside Asbestos Victim Support Group has provided free, confidential services to asbestos-related disease victims and their families in Halton and the wider area. Support includes guidance on welfare benefits, practical assistance with paperwork, and a drop-in centre for sufferers. MAVSG also advocates for justice nationally alongside colleagues in the Asbestos Victims Support Group UK.

LW

We coordinate support groups such as a Bereaved Families group, which is for people who have lost a loved one to mesothelioma; and a Living Well group, which we run with Mesothelioma UK, directly supporting people with mesothelioma.

WD

If you or a loved one has recently been diagnosed with lung cancer or mesothelioma, a hospital may ask us to contact you. We offer advice to individuals and families, run support groups, and campaign on issues affecting asbestos victims and their families in the Halton and wider area. We offer advice on eligibility for support from the state and local authorities, ensuring you get the best financial assistance at times of distress. There is help available with filling in application forms and signposting to other organisations for services that may be needed. If you are unable to attend MAVSG office, a visit can be made to your home, experienced staff will identify individual needs and offer support in preparing for understanding formal meetings, tribunals, inquests and any other issues like claims for welfare benefits.



Migrant Help

Refugee Employability Programme

harriet.jamieson@migranthelpuk.org

07485 378638



Charity Number: 1088631

The Refugee Employability Programme (REP) is a government funded, 18-month initiative that supports people with refugee status to settle into the U.K, improve their English and enter employment. In collaboration with Maximus, Growth Company and Palladium, Migrant Help implements REP across the North West, West Midlands, Kent, and Yorkshire & Humber. Once a client has registered for REP they are matched with a client advisor who will have an in-person, one-on-one meeting with them every two weeks. Together the client and client advisor form a personal development plan with interventions to address barriers the client faces with settling into the U.K and securing employment. Example interventions include the client adviser supporting a client to create a CV and complete job applications. Other interventions include assisting a client to enrol in a computer course or gaining a volunteering placement to improve their skills and confidence. REP also provides each client with up to 150 hours of in-person, small group English classes. These classes are adapted to clients' language levels and complement ESOL classes that many clients already partake in. Lastly, through the UK National Information Centre for the recognition and evaluation of international qualifications and skills, REP can fund a statement of comparability for clients. This enables clients to have their overseas qualifications compared to the UK education frameworks which provides recognition and valuable context to their qualifications in the job application process. Please note that clients eligible for REP will not currently be in full-time work or education. They must also have refugee status granted after 28 June, 2022, or be on the UK Resettlement Scheme, Afghan Citizens' Resettlement Scheme, Afghan Relocations and Assistance Policy or the Mandate Resettlement Scheme.

WD

The Refugee Employability Programme supports young people aged 18 and over as well as adults who have refugee status to settle into the U.K., improve their English and find work. People who join the programme are provided with opportunities to gain confidence, skills and knowledge, and as a result improve their wellbeing. This programme makes a difference to the local community by breaking down language barriers, supporting people with refugee status to settle into the local area and enhancing their awareness and access to services.



Northwest HIV Support CIC

Hayley Smith

nwhs21@hotmail.com

07488227331



CIC Registration Number: 13877571

At Northwest HIV Support CIC, we provide comprehensive support and education to individuals affected by HIV. Our mission is to create a community where everyone affected by HIV can lead fulfilling lives free from stigma and discrimination.

SW

We support people living with HIV, their families and friends. We educate people, and raise awareness in the community of the importance of testing around all sexualities. We conduct workshops in schools, workplaces, and community centres to raise awareness about HIV prevention, treatment, and the importance of reducing stigma.

LW

We offer one-to-one counselling sessions, for people living with HIV and anyone who may have been touched by HIV. We also offer a buddying service should anyone be going through their diagnosis alone.

Our holistic approach includes health check-ups, nutritional advice, and mental health support to ensure overall wellbeing. We actively campaign for better services and rights for people living with HIV. Our advocacy work aims to influence policy and improve public attitudes towards HIV. Our peer-led groups offer a safe space for individuals to share experiences, support one another, and build a strong sense of community. We provide up-to-date information on HIV treatments, healthcare services, and legal rights to ensure our clients are well-informed and empowered.

AW

We educate ladies who are peri menopausal and menopausal to practice safe sex.



Parents in Mind

Claire Jones- Service Delivery Manager
07860946761
claire.jones@nct.org.uk

Charity Number: 801395

Parents in Mind provide 'parent-to-parent' support. Across Halton, our core offer provides free peer support for people who are experiencing low mood, anxiety, isolation and poor mental health during pregnancy and/or within the two years after birth. It is delivered by parents and volunteers who have closely supported, or themselves experienced poor mental or emotional health during pregnancy and/or early parenthood, who are now well, and can offer time to support someone else currently experiencing similar problems. We are not clinicians, health advisors or therapists – we simply offer parents a safe, judgment-free & filter-free space to offload the full feelings of parenthood. Face-to-face groups and private one-to-ones can be accessed within the community and/or virtually to suit and enable all parents access to support. We don't have large waits, we engage with parents wanting support within the week, with support able to begin the following week if they choose.

SW

We offer support to mums with low level mental ill health. Early intervention often means there is no escalation in support needed. Talking to others to understand those feelings, feeling heard and having the opportunity to talk in a judgement free non clinical space empowers our service users and gives them confidence in their parenting abilities.



Power in Partnership

3-5 Alcock Street

Runcorn

WA7 1NA

01928 569255

CIC Registration Number: 07682069



Power In Partnership is a not for profit organisation based in Halton working with young NEET people (not in education employment or training) dedicated to bringing them into education within their own communities and upskilling them ready for the world of work. Staff are employed from within their own communities and upskilled in teaching practices - making the method of learning an integral and innovative experience. PIP have worked with Riverside college since inception in 2011 and were part of their inspection by Ofsted, where Outstanding was achieved again in 2024. Alongside this we deliver wellbeing and youth activities with young people aged 10- 24

SW

PIP embed health and wellbeing into all of our services, so that young people enjoy learning whilst getting involved in physical activities. Healthy lifestyles is an integral topic in our delivery and includes social aspects of our young peoples lives, improving knowledge and good citizenship. Our Champions who work with NIHR are looking at better ways to engage within communities around poor health factors in Halton and LCR areas. PIP has delivered a film which our young people made from their experiences of working alongside NHS partners and this has received great feedback. We aim to deliver more feedback from engagement in research to raise awareness and increase footfall to some fantastic new initiatives in Halton in the forthcoming year.

LW

PIP has a focus on SEND within education. Over 70% of our students have additional needs in their education and as such all our teachers are undergoing additional training in this area. Our champions are engaging in community settings alongside NHS staff to try to get messages and interventions in the communities where there is most need. Self harm with our students is on the increase and awareness sessions in regard to self help and professional help and resources are part of our curriculum. PIP like to challenge services to be more reactive to the needs of our young students and we feel there is more to do in this area.

WD

PIP are the biggest provider of education for young people in Halton after Riverside college, our partner. We target young people with the most barriers to education including those with EHCP plans and SEN, together with anger management issues, drug and alcohol issues etc. Our ethos is to employ staff from the local communities in which our students live and study and put them through teacher training fully supported and paid for by PIP. 40% of our staff have disabilities or long term health conditions.



Rape and Sexual Abuse Support Centre Cheshire & Merseyside

Cheshire and Merseyside
PO Box 35
Warrington
Cheshire WA1 1DW

0330 363 0063

Charity Number: 1049826

We provide advice and support to men, women and children affected by sexual violence, whether it happened recently or in the past. We have an information line, specialist counselling and Independent Sexual Violence Advisors.

SW

By providing interventions that support children and families affected by sexual violence.

LW

By providing advice and support to people impacted by sexual violence.



Recharge and Restore CIC

info@rechargeandrestore.co.uk

CIC Registration Number: 100860085



We provide support with emotional and mental wellbeing through offering complementary therapies, workshops and individual sessions. We also offer HAF (Holiday Activities and Food Programme) sessions working with primary school children during the main school holidays. Using tried and tested methods we teach simple but effective techniques to those in our community who may not otherwise come across this information. We often work with the most vulnerable in our community

LW

We offer tried and tested tips and techniques for managing and reducing anxieties which can also support participants in their day to day life. The tips and techniques we offer can be shared with friends and family members. Our HAF sessions support families with SEN children by offering respite, support and care for their children during the school holidays. We offer a safe and nurturing environment where children can play, interact and learn at the same time.

AW

Working with the local Women's Centre and also other organisations in Halton, we support the elders in our community with their emotional and mental wellbeing, offering them simple but effective techniques to help them to live well.



SHIPMATES AND SHIPWRECKS VETERANS ASSOCIATION.

Gordon Weir
Runcorn. Cheshire WA7 2FW
gordyweir@gmail.com
07494488789



CIC Registration Number: 15919757

Shipmates & Shipwrecks is run by Veterans, to help Veterans in and around Halton who need any kind of support. This tri-badge support service brings local veterans, and their families, together in a safe environment where they can share experiences and participate in peer support. The provision of a tri-badge veterans service, that is run by veterans reduces social isolation, improves mental health and well-being, and replicates the sense of belonging that comes from being part of the armed forces.

SW

We have helped to fund equipment for a local youth football team. We have also helped young Sea Cadets with Q and A at their HQ. We are also involved in getting their cannon on wheels refurbished.

LW

We help Veterans with health and wellbeing, and mental ill health issues because we have all suffered and are still suffering. We have donated to MND Charities to help people who are suffering and struggling with this horrible condition.

AW

We have visited other Veterans Clubs with old people and we invite people who are lonely to come and join us for breakfast or a cup of tea. We have also organised day trips to shows and The National Memorial Arboretum and museums.

WD

We have helped people who have lost loved ones and don't know where to go for help and support. Myself and other members have long term conditions so we have experienced the problems and feelings of loneliness and depression and sometimes uselessness.



...SPACE Runcorn

50 Regent Street
Runcorn
WA7 1LJ

caroline@spaceruncorn.co.uk

CIC Registration Number: 14797673



We provide a central location for wellbeing and mental health support within the community which is accessible, available and visible to all. By connecting practitioners and the community they serve we will bridge the gap between the needs and support available. ...SPACE provide affordable facilities for practitioners to offer services and events that benefit the community in the form of a private therapy room, wellness studio and event space that can be hired on an hourly, daily or long term basis. ...SPACE have created a wellness hub and social space from which the local community can access wellbeing and mental health support and also signposting to other services available locally.

LW

We provide a central location for wellbeing and mental health support within the community which is accessible, available and visible to all. By connecting practitioners and the community they serve we will bridge the gap between the needs and support available.

WD

...SPACE have created a wellness hub and social space from which the local community can access wellbeing and mental health support and also signposting to other services available locally.



Stroke Association

Angela Spruce

01928 249488 / 07939 129001

angela.spruce@stroke.org.uk

Alison Gilfoyle

07717 275763

alison.gilfoyle@stroke.org.uk

Charity Number: 211015



The role of the Stroke Recovery Service is to provide tailored support from hospital to home and into the longer-term by addressing the practical, emotional and physical needs of stroke survivors and carers. We will work with people affected by stroke to identify support needs and plan how these will be met, enabling them to make the best possible recovery. The service offers home visits and regular reviews to ensure the right level of support when it's needed. It can also provide telephone support and community activity like attending clubs and groups.

LW

Stroke prevention awareness sessions

AW

Supporting people after a stroke. Signposting to other local organisations and services. Peer support to reduce isolation

WD

Promoting stroke prevention, eg blood pressure awareness and local services. Supporting people to stay in work or return to work after a stroke. Regular telephone support and peer support opportunities



The Wonky Garden

Ditton Community Centre
Dundalk Road
Widnes

thewonkygarden@gmail.com
07976 373979

Charity Number: 1204849



The Wonky Garden is a registered charity (with no paid members, they are 100% voluntary) based at Ditton Community Centre, Widnes, Halton where they lease approximately two thirds of an acre. Together with volunteers, they have created and nurture therapy, children's and allotment gardens supporting nature throughout the seasons. All practices are 100% chemical free and focus on minimising carbon impact. Their goal is to support physical and mental health, enhancing life skills, educating about food and the natural environment, in addition to extending their reach through their Community Growing Network. Plants and cut flowers are used for therapy and gifting to individuals and local groups and edibles are gifted to local causes.

SW

The gardens are used by Family Services at Ditton Community Centre and are available to groups supporting children throughout the year. In addition, they work with Halton Carers centre as part of their Community Growing Network to support them with their own green space.

LW

Approximately 80% of produce grown is donated to Foodbank. Many volunteers and groups attending the garden benefit from access to nature and activities in the gardens.

AW

Access to nature and activities to those attending improves physical and mental health.

WD

Access to nature, attending or being recipients of produce focussed on vulnerable groups including:

- Additional needs, vulnerable and disabled children and adults.
- Bereaved and individuals of all ages experiencing life-changing health issues, isolation or loneliness.
- Family Services, Primary, secondary and college students.
- Victims of modern slavery, asylum seekers and refugees.

TRINITY SAFE SPACE

Trinity Safe Space

Widnes

Pauline Ruth

TSShalton@gmail.com

07967627554

Charity Number: 1194939



Trinity Safe Space Charity, which supports asylum seekers, refugees and vulnerable migrants in Halton, provides many services: – two weekly drop-ins, one in Runcorn, one in Widnes; non-accredited English for Speakers of Other Languages (ESOL) sessions; access to interpretation; help with form filling or gaining access to services, information and support; and signposting to other organisations. We give out food, and essential items such as toiletries and bicycles. We provide cultural awareness sessions and welfare calls/messages to ensure people are safe and well.

SW

We ensure people are registered with, and can access health services. We ensure that school age children are registered with schools admissions or nearby schools. We link pregnant women in with appropriate services and help them access transport to appointments and hospital. We try to make sure interpreters are sourced where necessary. We have links with certain schools especially with Family Support Workers.

LW

We ensure our beneficiaries are registered with primary healthcare services, and that their needs are considered. We help with completing forms, arranging appointments, and removing communication barriers. We provide information about the signs and symptoms of conditions, such as cancer. Our non-accredited ESOL classes cover health topics. Healthwatch Halton's Outreach Worker comes to our drop-ins on a regular basis and enables more speedy access to some services such as dentists. Access Sexual Health Workers come to our drop-ins once a month to do blood tests and give relevant advice. We provide food, foodbank vouchers, and sometimes give out supermarket vouchers to enable people to buy more nutritional food. We encourage exercise, and activities to decrease social isolation and increase self-esteem and feelings of self-worth.

AW

Some people have had life limiting illnesses, and we have had a few deaths. Issues such as Muslim rites and burials have to be attended to very quickly, with the help of A Better Tomorrow and Halton Borough Council. Referrals to support services are made for bereavement cases or to other members of the different communities where rites and customs are different.

WD

We tell people about different services and how to access them and we "hand hold" if this is necessary. We utilise partners' services and facilitate access to them. We sympathise and empathise with people and show them care and attention. We take what they say seriously and try to help them as much as we are able.



Action Tutoring

Fivefields 8-10 Grosvenor Gardens,
Victoria, SW1W 0DH
Brenda Turnbull,
volunteer@actiontutoring.org.uk

Charity Number: 1147175



Action Tutoring unlocks the potential of children and young people who are facing disadvantage. We are tackling the attainment gap head-on by forging partnerships with schools nationwide. Our trained volunteer tutors are empowered to enable pupils to make meaningful academic progress, opening doors to future opportunities.

SW

We provide English and maths intervention for Y5, 6, 7, 10 and Y11 students

LW

We have volunteers aged 18 to 81 from a wide range of backgrounds; retired professionals, unemployed people looking for experience and training, prospective teachers or teaching assistants, stay at home parents and undergraduates. We have tutor socials and encourage interaction, teamwork and friendship. We're as open and inclusive as possible and can contribute to the health, wellbeing element by combatting loneliness.

AW

We can contribute to reducing loneliness and isolation as well as offering an opportunity that is mentally stimulating. As mentioned previously, we have volunteers aged 18 to 81 from a wide range of backgrounds. We have tutor socials and encourage interaction, teamwork and friendship.

WD

We accommodate face to face volunteer tutors in schools and offer a meaningful volunteering opportunity to people with mobility issues.

Delivered by the Community for the Community



For more information contact:

Laura Beechey
Halton Senior Development Officer
Halton & St Helens VCA
01928 592 405
lbeechey@haltonsthelensvca.org.uk

**Working with Local Infrastructure Organisations to engage smaller VCFSE organisations: Good practice guide available at <https://www.local.gov.uk/publications/working-local-infrastructure-organisations-engage-smaller-vcfse-organisations-good>