



# Welcome to Halton

[www.halton.gov.uk/translate](http://www.halton.gov.uk/translate)

This brochure provides essential information on local services, healthcare, and community resources to help you feel safe, well and empowered whilst in Halton.



# Improving your health & wellbeing

The Halton Health Improvement and Sure Start to Later Life Teams support everyone who lives and works in Halton to improve their health and wellbeing through advice, information, services and campaigns.

**Halton Health Improvement Team:**  
0300 029 0029

**Sure Start to Later Life**  
01928 569498  
[www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)



## Sexual Health



Use the QR code below to access the follow services:

**All sexual health services:** find your nearest axess sexual health clinic and opening times.

To book an appointment at your local axess clinic

<https://www.axess.clinic/axess-services/book-an-appointment/>.

**Coil and implant services:** find a GP in your area which can provide coil and implant services.

**Emergency contraception:** find your nearby pharmacy which will provide emergency contraception (EC).

Make sure to ring the pharmacy you're looking to attend ahead of time to ensure that a staff member is available to prescribe you EC.



**Halton - Axess Sexual Health**  
<https://www.axess.clinic/halton/>



## FamilyHub Online

Your free, local and trusted place for all things family in Halton

- **Instant access** to family hub services 24/7 with videos, guides and expert advice when you need it.
- **Find out more about free events**, activities and groups across Runcorn and Widnes including online booking.
- **Tailored to your family and interests** – pregnancy, birth, 0-2 years, dads, mental health, local services and much more.



[haltonfamilyhubs.co.uk](http://haltonfamilyhubs.co.uk)



**Free instant access to digital mental health support for everyone aged 11-25.**

Free, safe, and anonymous online mental health support whenever you need it. There are no waiting lists for support and no referral needed.

Access to these platforms is available instantly 24/7.

Go to [www.kooth.com](http://www.kooth.com) to get started today.

Having difficulties with your mental health?



**Call 111  
Option 2**

Mental health crisis support available **24/7** for **all ages** via **NHS 111**

## Ask Your Pharmacist



Pharmacists are experts in medicines. They can advise you on the safe use of your medicines as well as minor health concerns, such as coughs, colds, aches and pains.

Most Community Pharmacies have a private consultation room where you can discuss concerns without being overheard and will signpost to other services if required. Pharmacists can advise on self-care such as healthy living but can also advise how to safely treat minor ailments at home and what to keep in your medicine's cabinet.

Community Pharmacies can offer treatment for seven common conditions such as Acute Sore Throat and Impetigo without needing to see a GP as part of the

**Pharmacy First Scheme.** For more information visit:

[nhs.uk/how-pharmacies-can-help](http://nhs.uk/how-pharmacies-can-help)

**To find your local pharmacy and opening times visit**

[www.nhs.uk/service-search/find-a-pharmacy/](http://www.nhs.uk/service-search/find-a-pharmacy/)



# Register with a local GP surgery



**To access an appointment with your surgery you may need to be triaged.**

You can either call the surgery to do this or use the online consultation service which you can find on your practice website.

This helps your GP surgery to prioritise patients who need to be seen quickly and helps them to determine if your care might be better provided by another healthcare professional within the surgery e.g. Clinical Pharmacist or Paramedic.

You can also book or change an appointment at your GP surgery:

- Online
- By phone
- In person, by going into the surgery and talking to the receptionist.

In some GP surgeries, you may also be able to have a consultation online or over the phone. Speak to your GP surgery for more information about online and phone consultations.

**Call your GP surgery if you need an urgent appointment. If your GP surgery is closed, a recorded message will tell you who to contact.**

## Think you need to see a GP?

Your GP surgery has a range of staff that can see and treat you such as a practice nurse, clinical pharmacist, paramedics, physiotherapists, mental health practitioner and social prescriber - you may not always need to see your GP. Check your GP surgery website for more information.

Out of hours appointments with GPs and other health professionals are available across Halton. Contact your local GP surgery for more information



## Need medical advice or help right now?

Go to [www.111.nhs.uk](http://www.111.nhs.uk) if you urgently need medical help or advice but it's not a life-threatening situation. You can also call the 111 service.

Trained staff are available 24-hours a day and can book you an appointment at the Urgent Treatment Centre or put you in touch with a healthcare professional.



**Help us help you**

## Urgent Treatment Centre



NHS Urgent Treatment Centres in Runcorn and Widnes are open 8am to 9pm, seven days a week, 365 days a year (including bank holidays) to treat non-life-threatening illness and injury.

### Runcorn Urgent Treatment Centre

Nightingale Building  
Hospital Way, Runcorn, WA7 2DA 01928 714567

### Widnes Urgent Treatment Centre

Health Care Resource  
Centre Oaks Place  
Caldwell Road, Widnes,  
WA8 7GD  
01925 946436



## A&E and 999



The Accident and Emergency department and 999 are for life threatening illnesses and injuries **ONLY** such as choking, chest pain, blood loss and open fractures.

If you attend A&E or call 999 and your condition is not deemed to be life threatening you will be advised of other local services that are more suitable for you.



## Emergency Services Support

In the event of an emergency, please dial **999** using your phone keypad and follow the phone operator's instructions.

You can call 999 to access any of the following services:

- Police
- Ambulance
- Fire & Rescue
- Coastguard



If you require police support and it is **NOT an emergency**, you can dial 101 from your phone keypad or alternatively scan the QR code.

### Cheshire Constabulary



### Cheshire Fire & Rescue Service



# Bin Collection Information

All bins must be placed for collection  
**before 7am on the day of collection**



**BLUE:** Recycle Bin

**BLACK:** General Household Waste Bin

**GREEN:** Garden Waste Bin

## Transport Services

Halton Borough Council have produced a bus timetable.

Please scan the QR code below to access this, including bus passes/ticket information.



**Bus timetables in Halton**

Alternatively, please contact  
**Neighbourhood Travel Team on  
0800 1953 173**  
for further advice/information.



# Find Places of Worship

Please use the QR codes below to find your nearest places of worship.



**Churches in Runcorn and Widnes**  
Find a Church



**Mosque**  
Widnes Deen Center  
(Halton Islamic Community Center)



**Buddhist Temple**  
Wat Phra Singh UK  
<https://www.watphrasinghuk.org/visiting/>



**Synagogue**  
Childwall Synagogue  
<https://jscn.org.uk/childwall-synagogue/>



TRINITY SAFE SPACE

**Trinity Safe Space**  
Supporting Asylum Seekers in our region  
<https://www.trinitysafespace.org/>



Please note that this list is not exhaustive but includes local area-based places of worship

# Education

Please use the QR codes below to explore a variety of courses available in Halton



**Riverside college** - As a student at Riverside College you will be at the centre of everything we do. We want you to reach your full potential, whilst also enjoying an inclusive and supportive college community where you can thrive.



## **Riverside College**

[www.riversidecollege.ac.uk](http://www.riversidecollege.ac.uk)



**Adult learning-** Halton adult learning provides a wide range of learning for adults from the age of 19 onwards. Whether you are looking to return to work and want to enhance your employability skills or are retired or just want to broaden your horizons, please come and visit us and we will be very happy to help you make the right Adult Learning choice for you.



## **Halton Adult Learning Courses**

[www.halton.gov.uk/adultlearning](http://www.halton.gov.uk/adultlearning)

