

# **Support at Home Service**

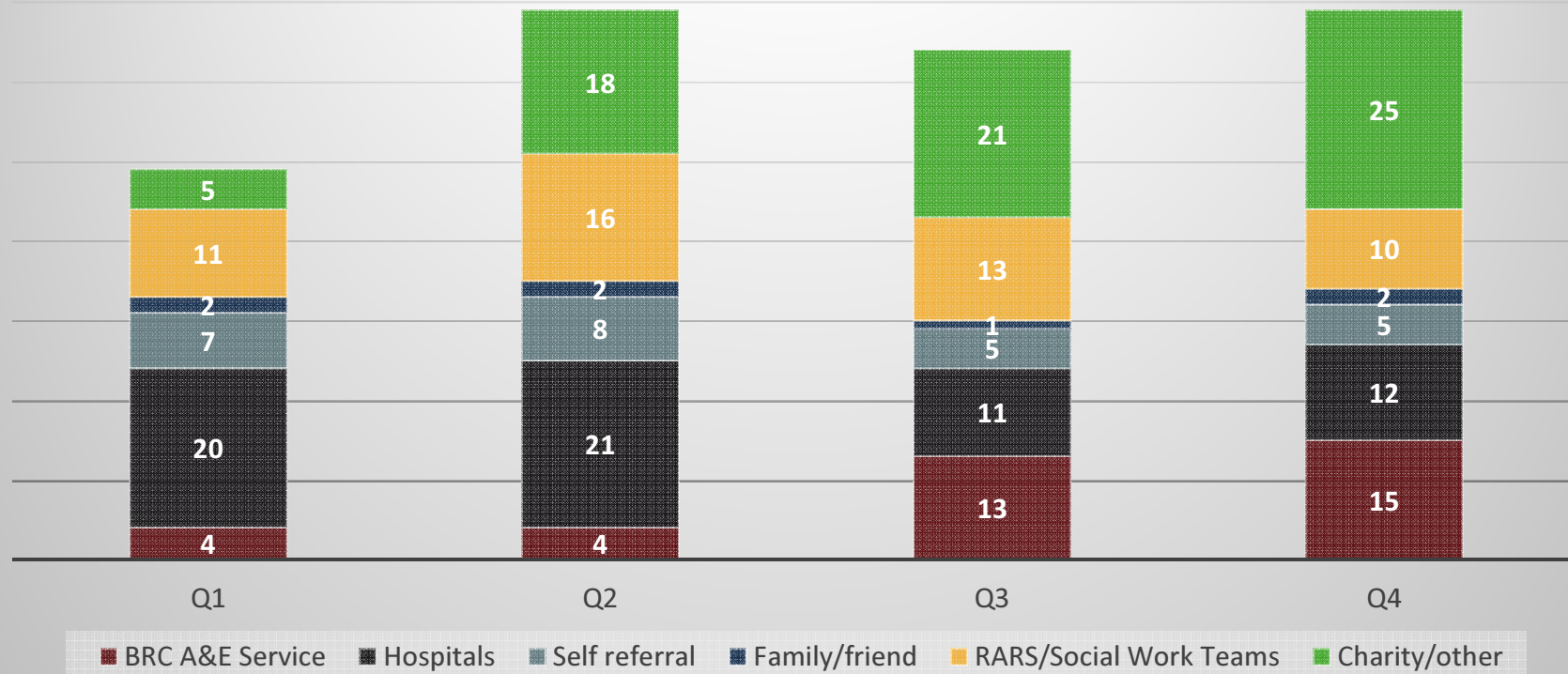
## **Halton**

**Helen Featherstone**  
**Service Manager**

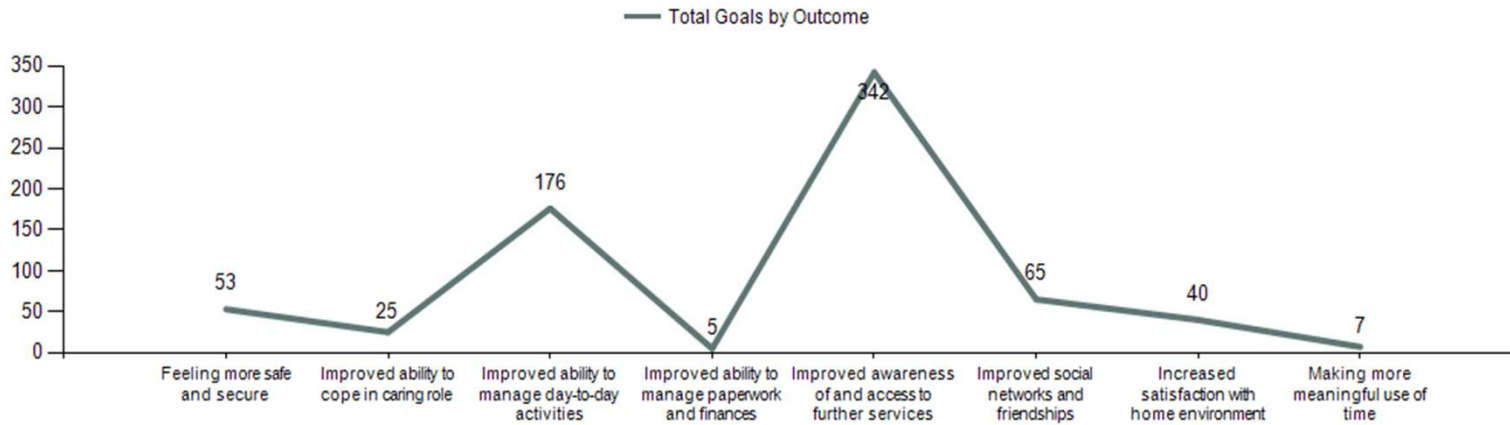
# **Service Provision**

- **Short-term care and support in the home**
- **Confidence building**
- **Practical support e.g. shopping**
- **Tackling social isolation and loneliness**
- **Signposting**
- **Safe and well checks**

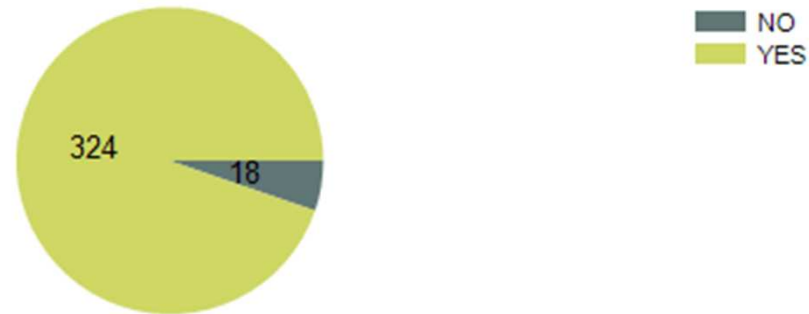
## Source of Referrals



# Top 3 Goals



Did new referral achieve or make a lot of progress on at least one goal?



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# Health and Wellbeing Walk

**ramblers** at the heart of walking  
**walking for health**  
**active halton** DEVELOPMENT  
with **activeME**

**Join a free and friendly short Health Walk in Victoria Park**

**When? Thursdays 10am**  
Starts: Thursday 18<sup>th</sup> July

**Meeting point:**  
Bandstand, Victoria Park  
Fairfield Rd, Widnes WA8 6SQ

**Approx 30- minutes**  
This is a pleasant walk on paths with qualified Walk Leaders from the British Red Cross.  
All welcome, join us for a short friendly walk, a chat, and maybe a cuppa at the end.  
Feel free to join us after the walk approx. 10.30am for a cuppa for anybody who would like a chat with the Red Cross, or call your local Red Cross team on 0151 424 7873

In association with  
**BritishRedCross**

For information about other walks and physical activity in Widnes and Runcorn, pick up a full program or visit:  
[www.activehalton.gov.uk](http://www.activehalton.gov.uk)  
**Contact:**  
Paula Parle: 0151 511 8550  
[paula.parle@halton.gov.uk](mailto:paula.parle@halton.gov.uk)

Supported through funding from players of People's Postcode Lottery and Macmillan



- Every Thursday morning
- Health and Wellbeing benefits
- Make new friends
- Time for cuppa afterwards
- Signposting to other services

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# Case Study 1

- 85 year old living alone with package of care
- Referred by Whiston Hospital after a short stay following dehydration
- Son needed respite from caring role due to exhaustion
- Team visited weekly
- Made time for a chat, wrote shopping list together, maintained personal choice
- Son enjoyed respite, able to continue in caring role.



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# Case Study 2

- Referred by physiotherapist after car accident
- Team visited in hospital then at home after discharge
- Widower and emotionally low
- Confidence building, reassurance, befriending, encouragement
- Went shopping and visited café together
- Attended weekly health walks and enjoys social interaction.



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The background is a solid red color with a pattern of white, irregular rectangular shapes scattered across it, resembling confetti or small pieces of paper. In the center, there is a white horizontal bar with a slight shadow, containing the text "Any Questions?".

**Any Questions?**