



Key contacts for programmes and initiatives

Programme/initiative	Contact details
<ul style="list-style-type: none"> • "No More" - Zero Suicide Strategy 	<p>www.no-more.co.uk/</p>
<ul style="list-style-type: none"> • Activity for Life 	<p>0151 443 2200 www.volair.org.uk/</p>
<ul style="list-style-type: none"> • Be a Lover not a Fighter campaign 	<p>www.lovernotfighter.org.uk/</p>
<ul style="list-style-type: none"> • Beacon Counselling Trust 	<p>0151 226 0696 www.gamcare.org.uk www.beaconcounsellingtrust.co.uk/</p>
<ul style="list-style-type: none"> • Dry January campaign 	<p>0151 443 4987 www.healthyknowsley.co.uk</p>
<ul style="list-style-type: none"> • Fire Support Network (Community Risk Intervention Service) 	<p>07971 540 662 www.cris.org.uk/</p>
<ul style="list-style-type: none"> • Great Outdoors Project 	<p>0151 738 1913 www.nwc.org.uk</p>
<ul style="list-style-type: none"> • Green Gym initiative 	<p>0151 443 2829 www.knowsley.gov.uk</p>
<ul style="list-style-type: none"> • Ignite Your Life (Wellbeing) 	<p>01928 589 799 www.wellbeingenterprises.org.uk/</p>
<ul style="list-style-type: none"> • Improved Access to Psychological Therapies (IAPT), 5 Boroughs Partnership NHS Trust 	<p>0151 430 1707 www.5boroughspartnership.nhs.uk/knowsley-iapt/</p>
<ul style="list-style-type: none"> • it cancer campaign 	<p>0151 443 4987 www.healthyknowsley.co.uk</p>
<ul style="list-style-type: none"> • iVAN (mobile health information van) 	<p>07469 578 213 Justine.kennedy@nhs.net</p>
<ul style="list-style-type: none"> • Know Your Numbers campaign 	<p>0151 443 4987 www.healthyknowsley.co.uk</p>
<ul style="list-style-type: none"> • Know Your Units campaign 	<p>0151 443 4987 www.healthyknowsley.co.uk</p>
<ul style="list-style-type: none"> • Knowsley Alzheimer's Society 	<p>0151 426 4433</p>

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<ul style="list-style-type: none"> Knowsley Carers Centre 	0151 549 1412 www.knowsleycarers.co.uk
<ul style="list-style-type: none"> Knowsley Contraception and Sexual Health Service 	0151 244 3580 www.sexualhealthknowsley.nhs.uk
<ul style="list-style-type: none"> Knowsley Feelgood Festival 	0151 443 5353 www.knowsley.gov.uk
<ul style="list-style-type: none"> Knowsley Integrated Recovery Service (Drug and Alcohol Abuse Support Service) 	0845 873 4462 www.changegrowlive.org/content/knowsley-integrated-recovery-service-huyton
<ul style="list-style-type: none"> Knowsley Leisure Centres 	0151 443 2200 www.volair.org.uk/
<ul style="list-style-type: none"> Knowsley Trading Standards 	0151 443 2798 www.knowsley.gov.uk
<ul style="list-style-type: none"> Knowsley's Stop Smoking Service 	0800 324 7111 www.readytostopsmoking.co.uk/
<ul style="list-style-type: none"> Look After Myself Programme (LAMP) 	0800 073 1202 0151 289 9555 www.healthyknowsley.co.uk
<ul style="list-style-type: none"> NHS Health Checks 	Telephone GP surgery to make an appointment www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx
<ul style="list-style-type: none"> One Approach (volunteering) 	0151 489 1222 www.kcvs.org
<ul style="list-style-type: none"> Pedal Away 	07971 476 520 www.cycling.org.uk/pedal-away
<ul style="list-style-type: none"> Sahir House 	0151 237 3989 www.sahir.org.uk/
<ul style="list-style-type: none"> Sexual Assault Referral Centre (SARC) 	0151 295 3550 www.safeplacemerseyside.org.uk

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<ul style="list-style-type: none"> The First Step (Domestic Abuse Support Service) 	0151 548 3333 www.thefirststep.org.uk/
<ul style="list-style-type: none"> This Girl Can campaign 	0151 443 4987 www.healthyknowsley.co.uk
<ul style="list-style-type: none"> Wellness Service / Lifestyle Referral Hub 	0800 0731 202 0151 289 9555 www.healthyknowsley.co.uk
<ul style="list-style-type: none"> Working Well Programme 	0151 443 2857