North Cheshire and Mersey
NHS Foundation Trust

Warrington Intensive Care Support Group

Intensive Care Unit

Information for patients and carers

• Home • Community • Hospital

Caring for you

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What is the Intensive Care Support Group?

The Warrington Intensive Care Support Group, founded by ICUsteps, allows patients and their family and friends to meet in an informal setting and talk about their experiences and concerns.

Going home after a hospital stay is an important step in your recovery. It is likely to have been a goal you've been working towards for some time. It is a very positive step, but it will take time and effort to get back to a normal life.

You won't have the same support you had in hospital, and it can be a difficult time for you and your relatives. It's normal to go through times where you feel depressed or frustrated because you don't seem to be getting better.

So, being able to talk about what you've been through with people who understand, because they have been through it too, can really help.

ICUsteps

ICUsteps is the UK's only charity to support ex-patients and their families through the long road to recovery from critical illness.

For more information, please visit: http://www.icusteps.org/

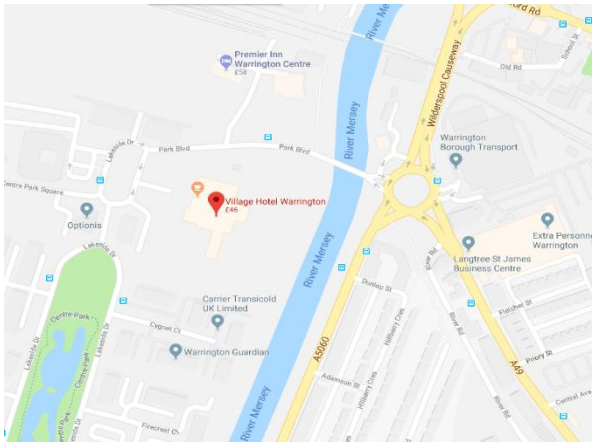
Venue

The meetings take place at:

Village Hotel Warrington, 110 Centre Park Square, Warrington, WA1 1QA

The room we are given may change. So, please ask at reception when you arrive.

A lift is available.



Getting there

By bus

You can use the following bus routes: 5,6,7,8,9,9A.

Get off at St James Court. The venue is then a 7-minute walk from there.

By train

There are 2 main train stations in Warrington:

- Bank Quay
- Warrington Central

Both are within 10 minutes taxi ride and accessible to bus links.

Drop-in dates

You do not need to book.

All sessions are from **6pm to 8pm**:

- Thursday December 3 2026
- Thurs February 25 2027
- Thurs April 29 2027
- Thurs June 24 2027
- Thurs August 26 2027
- Thurs October 28 2027
- Thurs December 2 2027

Contact us

If you have any questions, please call:

- 01925 275226
- 01925 662651