

### Services offering support and advice

<b>Age UK Cheshire East</b>	01625 612958 <a href="https://www.ageuk.org.uk/cheshire/">https://www.ageuk.org.uk/cheshire/</a>	Local charity working in the community to support older people, their families and carers.
<b>Alzheimer's Society</b>	<a href="https://www.alzheimers.org.uk">https://www.alzheimers.org.uk</a> 0333 150 3456	National advice and support network to help families with problems associated with all types of Dementia
<b>AA</b>	<a href="mailto:help@aamail.org">help@aamail.org</a> 0800 9177 650	AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.
<b>ADCA</b>	07984 785907 <a href="mailto:adca.audlem@gmail.com">adca.audlem@gmail.com</a>	Provides welfare support to vulnerable and isolated people and their carers in Audlem and district
<b>AMPARO</b>	0330 088 9255 <a href="mailto:Amparo.service@listening-ear.co.uk">Amparo.service@listening-ear.co.uk</a>	The service provides support to anyone who has been affected by suicide, including members of the deceased family, a partner, friends, work colleagues, or the 'found by person'.
<b>Buddies</b> <b>Nantwich Buddies</b>	<a href="http://www.happinesshubuk.org">www.happinesshubuk.org</a> <a href="mailto:info@nantwichbuddies.org">info@nantwichbuddies.org</a>	Happiness Hub Social Group – Granary Arts Café, every Tuesday 8 – 9.30pm

<b>Care for the Family</b>	<a href="https://www.careforthefamily.org.uk">https://www.careforthefamily.org.uk</a>	National organisation - Christian support and care for families. Bereavement, relationships, parenting; courses and resources
<b>Catherine House, Crewe</b>	01270 656301	Provide support where drug or alcohol use is a problem, with the aim of promoting health and minimising harm to the individual, their families, and the community.
<b>Chance Changing Lives</b>	01270 21000 <a href="http://www.chancechanginglives.org">www.chancechanginglives.org</a>	Supporting people in deep poverty in Crewe and surrounding areas. Providing food, essentials, friendship, and advice
<b>Cheshire East – People Helping People</b>	0300 123 5034	Anyone who is currently isolating and feeling lonely and vulnerable
<b>Cheshire East Carers Hub</b>	0300 303 0208	Provides a single point of access for all Carers including both young and adult Carers. The Hub ensures that Carers have access to information, advice and a wide range of support services.
<b>Cheshire Without Abuse CWA</b>	01270 250390	Offer support, a helpline, advice programmes & counselling for those fleeing domestic abuse.
<b>Children's Centres Crewe and Nantwich</b>	01270 371240 Monks Coppenhall, Crewe 01270 375390 Nantwich and Rural 01270 371250 Oak Tree Crewe 01270 371200	<p>Provide support for parents and carers and help to access:</p> <ul style="list-style-type: none"> <li>● Child and family health services</li> <li>● Family support and outreach</li> <li>● Childcare and early education</li> <li>● Information and guidance</li> <li>● Specialist support for children with additional needs</li> </ul> <p>A range of activities that support parents/carers to access training and employment, which include close working with Job Centre Plus.</p>

	The Brooks Centre	
<b>Christians Against Poverty CAP</b>	Free helpline 0800 3280006	Offers a debt recovery and budgeting programme through a Network of centres based in local churches
<b>Citizens Advice Bureau CAB</b> <b>Nantwich Library</b>	0808 8126186 They have a desk at Nantwich Civic hall, on the 2 <sup>nd</sup> Thursday of the month in the morning	Provide free, confidential advice to assist people with money, legal and consumer issues and other problems.
<b>Community Voluntary Services</b> <b>CVS Cheshire East</b>	01270 211545	Provide services and support to the local voluntary and community sector.
<b>Crewe &amp; Nantwich Talking Newspaper</b>	<a href="mailto:d.foss200@gmail.com">d.foss200@gmail.com</a>	For blind and impaired vision – provide a talking newspaper - Free
<b>Dementia Support</b>	Support Line – 0333 150 3456. Open 7 days a week  Dementia information Drop In <a href="mailto:deborah.cartlidge@eolp.org.uk">deborah.cartlidge@eolp.org.uk</a>  Dementia Friendship Group <a href="mailto:education@nantwichmusceum.org.uk">education@nantwichmusceum.org.uk</a>  Circle of Friends David Nixon 07767 441 405  Lunch Club run by ADCA 07984 785 907	Monday  Richmond Village, Willaston – details coming soon  Dementia café – Wrenbury. Wingate Centre – coming soon  Nantwich museum. Every 3 <sup>rd</sup> Monday – 2 to 3.30  Regent Park café London Rd, every Tuesday 1 – 3pm  Audlem, Hankelow Methodist Chapel. Tuesdsay 11-2.30  St Marys Parish Hall, Nantwich. Weekly 10.30 to 12.30  Audlem Public Hall Annexe – 10am to midday

	<p>Thursday Club –  <a href="mailto:thethursdayclubnantwich@gmail.com">thethursdayclubnantwich@gmail.com</a></p> <p>Friday Coffee Morning run by ADCA 07984 785 907</p> <p>Singing for the Brain</p>	Elim Church Nantwich – coming soon
<b>Diocese of Chester Counselling Service</b>	<p>01270 652034</p> <p>07918 732806</p>	Offers counselling to clergy, their families and church members within the Anglican Churches of the Diocese of Cheshire.
<b>End of Life Partnership</b>	<p>01270 310260</p> <p><a href="mailto:info@eolp.org.uk">info@eolp.org.uk</a></p>	Are a charity, working to transform end of life experience and care
<b>Health Visiting Service Crewe and Nantwich</b>	<p>Telephone: 0300 123 4058</p> <p>Email: <a href="mailto:wchc.cehub@nhs.net">wchc.cehub@nhs.net</a></p>	Specialist community public health nurses providing advice, support and interventions to families with children in the first years of life.
<b>Home Start Central &amp; West Cheshire</b>	<p>01606 782888</p>	Recruits and trains volunteers to offer support to families that have at least one child under five.
<b>Hope House Children's Hospice</b>	<p>01691 672618</p>	A Bereavement Support and Counselling Service available free of charge to people living in Cheshire who have experienced the death of a child under the age of 25 in any circumstances.
<b>Insights Bereavement Listening Service</b>	<p>07942337801</p> <p><a href="mailto:insightsnantwich@hotmail.com">insightsnantwich@hotmail.com</a></p>	Free, one-to-one listening support for loss, grief and bereavement in Nantwich & Rural area.

<b>Iris Vision</b>	01270 250316	to achieve Independence and Rehabilitation for those with Impaired Sight.
<b>Gamblers Anonymous</b>	Northwest 07974 668999	Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others do the same.
<b>Mental Health Helpline (NHS)</b>	0800 145 6485	
<b>Methodist Church -Nantwich</b>	01270 627170	First Monday in the month Friendship Group 1 to 4pm. Find a friendly welcome, refreshments, companionship
<b>Motherwell Cheshire</b>	01606 557666	A service provided for women by women, promoting positive health and wellbeing, by offering a range of educational services, holistic therapies and mental health support.
<b>North Staffs Mind - Hanley</b>	01782 262100	Offers support and counselling to adults over 18 years.
<b>N.S.P.C.C. Helpline</b>	0808 800 5000	Provide help, advice and support with concerns about the welfare of a child.
<b>Parkinson's Uk</b>	Helpline 0808 800 0303	Provide information and support to people suffering from Parkinson's Disease.
<b>SANDS</b>	0808 164 3332 <a href="mailto:helpline@sands.org.uk">helpline@sands.org.uk</a>	Sands supports anyone who has been affected by the death of a baby before, during or shortly after birth. Bereavement support is at the core of everything we do.
<b>SOBS</b>	0300 111 5065	We exist to meet the needs and break the isolation experienced by those bereaved by suicide. We are a self-help organisation and we

		aim to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other.
<b>Cheshire East Council Social Care</b>	<p>0300 123 5010</p> <p>8.30 am to 5 pm</p> <p>Monday to Thursday</p> <p>8.30 am to 4.30 pm</p> <p>Friday.</p> <p>0300 123 5022</p> <p>At all other times</p> <p>including bank holidays</p> <p>0300 123 5012 (option 3, option 2)</p> <p>8.30 am to 5 pm</p> <p>Monday to Thursday</p> <p>8.30 am to 4.30 pm</p> <p>Friday</p> <p>0300 123 5022</p> <p>At all other times</p>	<p><b>Concerned about an adult</b></p> <p>Contact Social Services with any safeguarding concerns about a vulnerable adult.</p> <p><b>Concerned about a child</b></p> <p>Contact Social Services with any safeguarding and child protection concerns.</p>

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<b>St. Mary's Church</b>	01270 625268	<p><b>Little Fish</b> – A praise and play group. A space for families to meet together to share their Christian journey with young children. Meet on a Thursday morning in term time from 10.00 – 11.30 am in St. Nicholas chapel.</p> <p><b>Mums and Tots</b> – A pre-school playgroup, which meets on a Tuesday morning from 10.00 – 11.30 upstairs in the Parish Hall. The aim is to encourage active learning and play.</p> <p><b>Seniors Lounge</b> – Provides the opportunity for a chat over a cup of tea/coffee and cake. Held in the Parish Hall from 3 – 4 pm on the 2<sup>nd</sup> Sunday of every month.</p> <p><b>Place of Welcome</b> – a weekly meeting point with refreshments. Held every Friday in the Parish Hall 10am to 1</p>
<b>St Paul's Centre</b>	01270 586186	<p>Supports people who are struggling. This might mean providing emergency food, or even a bed to sleep on. It could mean providing opportunities for retraining or learning a new skill. Projects include: -</p> <p>Furniture recycling and sales,</p> <p>Bicycle recycling,</p> <p>Food bank,</p> <p>Starter Pack for young Mum's,</p> <p>Business and Community Space</p>
<b>Stroke Support</b>	<a href="mailto:crewesrs@stroke.uk">crewesrs@stroke.uk</a> 07717275742	Crewe Stroke Recovery Service provides practical advice, emotional support and high-quality information following a stroke. Whether you are a stroke survivor, carer or family member, we will work with you to identify and address your physical needs through a personalised plan, and support you to rebuild your life after stroke.
<b>Street Link</b>	0300 500 0914	Connecting rough sleepers to local services.
<b>The Dove Service</b>	01782 683155	Provide Bereavement Counselling and support. Based in Hanley with an outreach post in Crewe.



<b>The Guinness Partnership</b>	01270 506200	Provider of Social Housing and Private Houses to rent.
<b>The Salvation Army</b>	01270 500591	A Christian organisation offering support to the homeless.
<b>The Samaritans</b>	01270 216666	A telephone and face-to-face service to support people who are struggling and need someone to talk to.
<b>Victim Support Cheshire</b>	01606 366336	Provide details about the support, information and guidance available to victims of crime in Cheshire.
<b>Visyon Counselling Service</b>	01260 290000	Visyon is a charity that supports the emotional health of children, young people and their families in Cheshire and Staffordshire Moorlands areas.
<b>Winstons Wish</b>	08088 020 021	Provide bereavement support for parents, carers and professionals who are looking for childhood bereavement advice and support.
<b>Wishing Well</b>	01270 256919	Offer a range of services for all ages, from Youth Clubs, Parenting Programmes to Luncheon Clubs and a Meal Delivery Service, which provides freshly prepared, healthy, and nutritious meals for people in South Cheshire. They also offer a range of leaning opportunities from Computer Courses. Art Classes to Knitting, Crochet and Sewing Groups.
<b>Wrenbury Together</b>	07802 429025 <a href="mailto:wrenburytogether@gmail.com">wrenburytogether@gmail.com</a>	A small community group supporting isolated and vulnerable residents in Wrenbury and surrounding parishes
<b>Y.M.C.A.</b>	01270 257673	Christian organisation offering support and accommodation to homeless people of any age. Help with living skills, emotional well-being and training plus engagement activities including residentials.