

### **Alcoholics Anonymous**

**Description:** If you need help with a drinking problem.

**Phone:** 0800 9177650 – Free

**Email:** help@aamail.org

**Website URL:** <https://www.alcoholics-anonymous.org.uk/>

### **Approach Dementia Support**

**Address:** The Dementia Centre, DMH, Barlaston Road, Stoke on Trent ST3 3NZ

**Description:** Deliver a wide variety of services to support the well-being of people affected by dementia and their carers and families. Provide 1-2-1 and group activities to enable and encourage social interaction, provide emotional support and access to information.

**Phone:** 01782 214999

**Email:** enquiries@approachstaffordshire.co.uk

**Website URL:** <https://approachstaffordshire.co.uk/>

### **Approach Dementia Support – Carers Advice & Support Group**

**Description:** Friendly and informal support group, chat to other carers, speak to experienced staff and receive personalised advice on the 2<sup>nd</sup> Thursday of each month, 10.30am to 12.30pm at Biddulph Town Hall. Free refreshments included.

**Phone:** 01782 214999

**Email:** enquiries@approachstaffordshire.co.uk

### **Beat the Cold**

**Address:** The Bridge Centre, Birches Head Road, Stoke-on-Trent ST2 8DD

**Description:** Independent charity working to reduce the incidence of cold related illness and fuel poverty. May find a cheaper provider for gas and/or electricity. May find a grant or discount for home insulation and heating improvements.

**Phone:** 01782 914915

**Freephone:** 0800 389 2258

**Email:** enquiries@beatcold.org.uk

**Website URL:** <https://www.beatcold.org.uk>

## **Citizens Advice**

**Description:** Provide advice and information on a range of issues, such as housing rights, welfare rights and benefits, money and debt, consumer issues and employment rights.

Mondays and Wednesdays 10.30am to 1pm.

### **Phone:**

Local Advice Line 0808 278 7876

National Advice Line 0800 144 8848

Staffordshire Advice Line 0300 3309 062

Help to Claim Service 0800 1448 444 – for help with making a new claim for Universal Credit.

Consumer Advice 0808 223 1133 – for help with goods and services.

Debt Advice 01782 408625 or email [moneyadvice@snsCab.org.uk](mailto:moneyadvice@snsCab.org.uk)

Potteries Moneywise 01782 408685 – for problems with energy suppliers, switching suppliers and budgeting or email [enquiries@potteriesmoneywise.org.uk](mailto:enquiries@potteriesmoneywise.org.uk)

Housing Advice 01782 408690 - if your home is at risk

Immigration Advice 01782 407968

Refugee and Asylum Advice 01782 407969

Challenge North Staffs 0330 1111 999 – to report a hate crime or email [cns@snsCab.org.uk](mailto:cns@snsCab.org.uk)

Staffordshire Victim Gateway 0330 0881 339 – for support for victims of crime or email [help@staffsvictimgateway.org.uk](mailto:help@staffsvictimgateway.org.uk). Website URL:

<https://www.staffsvictimgateway.org.uk>

**Email:** [advice@snsCab.org.uk](mailto:advice@snsCab.org.uk)

**Website URL:** <https://www.citizensadvice.org.uk>

## **Dementia Support Activity Group**

**Description:** Approach, partnered with Stoke City Football Club Community Trust and Biddulph Methodist Church deliver support for people with dementia. Sessions run every Wednesday 10.30am to 12 noon at Biddulph Methodist Church, enabling people with dementia and their carers to come together to socialise and participate in fun, engaging activities. For further information,

**Phone:** 01782 214999 or

**Email:** [enquiries@approachstaffordshire.co.uk](mailto:enquiries@approachstaffordshire.co.uk)

### **Disability Service Centre**

**Description:** A Government service providing advice or information about claiming disability benefits.

**Phone:** 0800 121 4433 – for Personal Independence Payment (PIP)

**Phone:** 0800 121 4600 – for Disability Living Allowance (DLA) if born after 8 April 1948

**Phone:** 0800 731 0122 – for Disability Living Allowance (DLA) if born on or before 8 April 1948

**Phone:** 0800 731 0122 – for Attendance Allowance (AA)

**Website URL:** <https://www.gov.uk/disability-benefits-helpline>

### **LGBT Stoke**

**Description:** A local support group for the lesbian, gay, bisexual and transgender community in Stoke-on-Trent. They hold social and support groups and provide information and advice on sexual health and LGBT+ topics.

**Phone:** 0300 123 0970 option 3

**Email:** [lgbt@mpft.nhs.uk](mailto:lgbt@mpft.nhs.uk)

**Website URL:** <https://www.lgbtstoke.co.uk>

### **Lifeworks Staffordshire**

**Address:** 12 Merrial Street, Newcastle-under-Lyme ST5 2AD

**Description:** A charity that supports people on the autistic spectrum with average or above IQ from the age of 14.

**Phone:** 0745 000 2289 / 0740 181 1582 / 01782 615222

**Email:** [info@lifeworksstaffordshire.org.uk](mailto:info@lifeworksstaffordshire.org.uk)

**Website URL:** <https://www.lifeworksstaffordshire.org.uk>

### **LINC (Loved Ones In Care)**

At Biddulph Methodist Church and Victoria Centre, Station Road, ST8 6BJ, every fortnight on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month, 2pm to 3.30pm. A peer support group to provide friendship and coping strategies for those whose loved ones are in care; creating a 'safe space' to share with others on the same journey.

**Contact:** Lynn Tindale

**Phone:** 07776 166990

**Email:** [lynn@biddulphmethodists.org](mailto:lynn@biddulphmethodists.org)

### **Marie Curie**

**Description:** Help people living with terminal illness, and their families, make the most of the time they have left.

**Phone:** 0808 090 2309 – for emotional support and practical information.

**Phone:** 0800 716 146 – for queries about donating, fundraising, etc.

**Website URL:** <https://www.mariecurie.org.uk>

### **Rehab 4 Addiction**

**Description:** Locate effective treatments for addiction, including alcohol rehab, drug rehab, detox services, intervention, aftercare and outpatient counselling. Find treatment clinics in your local area.

**Phone:** 0800 140 4690

**Website URL:** <https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-staffordshire>

### **Staffordshire Sight Loss Association**

**Description:** Registered charity providing support, advice, information, social and leisure opportunities for people with sight loss in North Staffordshire. Drop-in community hub at Biddulph Town Hall on the 3<sup>rd</sup> Friday of each month. For advice and information or to try a range of living and mobility equipment.

**Phone:** 0793 1327018

**Email:** [hello@ssla.org.uk](mailto:hello@ssla.org.uk)

**Website URL:** <https://ssla.org.uk>

### **Stoke on Trent Foodbank – Biddulph & Knypersley**

**Address:** St John's Church, Tunstall Road, Knypersley ST8 7AA and English Martyrs' Catholic Church, Church Road, Biddulph ST8 6JG.

**Description:** 11am-1pm Mondays at St John's Church. Thursdays 6pm-8pm at English Martyrs' Catholic Church. A foodbank voucher code is required to receive food and this helps our wider campaign to 'end food poverty' nationally. Referral to Money/Debt Advice available on request. Gifts of in-date, non-perishable food items can be donated at the collection points inside St Lawrence's Church, Congleton Road, Biddulph or at Sainsburys.

**Phone:** Central Foodbank 01782 317942

**Email:** [info@stokeontrent.foodbank.org.uk](mailto:info@stokeontrent.foodbank.org.uk)

**Website URL:** <https://stokeontrent.foodbank.org.uk/>

**Support Staffordshire**

**Address:** Leek Health Centre, Fountain Street, Leek ST13 6JB

**Description:** Provide a) support and guidance to community groups, charities and other voluntary and social enterprise organisations active in Staffordshire, on matters such as start-up, governance, funding, and recruiting volunteers; b) a range of training courses aimed at those involved in running groups and community services, many of which are free or discounted for organisations which are members of Support Staffordshire; c) a volunteer brokerage service, linking those who wish to volunteer to local opportunities; d) networking opportunities e.g. through our quarterly VCSE Forums in each district, connecting those with common interests and concerns and enabling collaborations; and e) a directory of organisations and services provided by the voluntary sector in Staffordshire. (See website for details).

**Phone:** 07531 711388 (or leave a message via 01538 381356)

**Email:** [esther.jones@supportstaffordshire.org.uk](mailto:esther.jones@supportstaffordshire.org.uk)

**Website URL:** <https://www.supportstaffordshire.org.uk>