

Support Directory Colshaw Farm



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Food Support Services in Colshaw Farm



Council Support

Cost of Living Crisis Team

The Cost of Living Crisis Team are available on **0300 123 5024** between 8.30 am to 5 pm Monday to Friday. The team can advise you on what support is available in and where to get it.

As part of the Government's welfare reforms, Cheshire East Council has introduced this scheme to provide support for the most vulnerable people facing immediate short-term needs in an emergency or as a consequence of a disaster, to prevent a serious risk to the health and safety of themselves or their family.

Alternatively support may be required to assist vulnerable people to return to or remain in the community or to ease exceptional pressure on families. The scheme is non-cash based with support provided by goods, supplies or services and where possible recycled goods will be provided.

Benefits Section, Cheshire East Council
PO Box 622, Crewe, Cheshire, CW1 9JH
0300 123 5013 option 4
emergency.assistance@cheshireeast.gov.uk

Food Banks

Hope Central

Provide 3 days worth of food for the household. This will include food for breakfast, lunch and tea as well as essential toiletries.
St Chad's Church Office, Wilmslow Road, SK9 3ES
01625 724 133
info@hopecentral.org.uk
Tuesday 10 am to 12.30 pm

Wilmslow Food Friends

St Bartholemews Church, Broadway, SK9 1NB
07592 582567

For people residents in Handforth (including Colshaw) contact:

Hope Central on 01625 724133
info@hopecentral.org.uk

St Philip & St James Church,

Church Lane, Alderley Edge, SK9 7UZ

Please contact the vicar on
revrobinpye@gmail.com/text 07794 122602

Food Banks - Wider Support

Hazel Grove Baptist Church

Station Street, Hazel Grove, Stockport, SK7 4EX
07483 115349

Open Monday 12.30 pm to 2.30 pm,
Wednesday 10.30 am to 12.30 pm
Friday 11.30 am to 1.30 pm

St Mark's, Bredbury

St Mark's Church, Redhouse Lane, SK6 1BX
07483 115349

Open Tuesday 12.30 pm to 2.30 pm

St Martin's, Norris Bank

112 Crescent Park, Stockport, SK4 2JE
07483 115349

Open Monday and Thursday 1 pm to 3 pm

Tiviot Dale Methodist Church

Tiviot Dale, Stockport, SK1 1TA
07483 115349

Open Wednesday 2.30 pm to 4.30 pm

Riverside

Food Support Services in Colshaw Farm



Bairstow Centre

Rupert Street, Reddish, Stockport, SK5 7AP
07483 115349

Open Thursday and Saturday 10.30 am to 12.30 pm

Trinity Church

Massie Street, Cheadle, Stockport, SK8 1DU
07483 115349

Open Friday 10 am to 12 pm

St Philips, Offerton

Half Moon Lane, Offerton, Stockport, SK2 5LB
07483 115349

Open Thursday 11 am to 1 pm

Salvation Army, Cheadle Heath

121 Stockport Road, Cheadle Heath, SK3 0JE
07483 115349

Open Tuesday 1 pm to 3 pm, Friday 2 pm to 4 pm

National Organisations

Too good to go - The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses.
<https://www.toogoodtogo.com/en-gb>

OLIO - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need. <https://olioapp.com/en/>

Trussell Trust Helpline - 0800 915 4604

Open Monday to Friday, 9am – 5pm

Salvation Army

Run food banks year-round from many of their churches and community centres.

OddBox - Fighting food waste

<https://www.oddbox.co.uk/>

The Trussell Trust

Search the Trussell trust website to find your local centre.

<https://www.trusselltrust.org/>

Furniture Support in Colshaw Farm



Council Support

Household Support Fund

For emergency support, please contact the Emergency Duty Team via 0300 123 5022.

How to apply for additional support

Some support is automatic, for additional support you must be referred by a trusted practitioner/professional who is supporting you as part of their role.

Ask a practitioner/professional who is working with you or who knows your family well to make a referral. If they require further information ask them to email HSFfamily@cheshireeast.gov.uk

For emergency support, please contact the Emergency Duty Team via 0300 123 5022.

Charity Shops

North West Air Ambulance

Furniture & General Store, Dean Row Court, SK9 2TA

Open Monday to Saturday 9.30 to 5 pm

Sunday 12 pm to 5 pm

Wilmslow BHF Shop

60 Grove Street, Wilmslow, Cheshire, SK9 1DS
01625 528926

Open Monday to Friday 9.30 am to 5 pm and

Sunday 10 am to 4 pm.

Blue Cross Shop

Unit 2 Grove Arcade, Wilmslow, SK9 1DU

0300 777 1914

Roy Castle

Brook House, Church Street, SK9 1AX

01625 521 122

Open Monday to Saturday 9.15 am to 5 pm

Sunday 10.15 am to 4 pm

Shaw Trust charity shop

4 Wilmslow Rd, Handforth, Cheshire, SK9 3HQ

01625 540439

Age UK

27 London Road, Alderley Edge, SK9 7JT

01625 584234

Open Monday to Saturday 9.30 am to 4.30 pm

East Cheshire Hospice

9-10 The Paddock, Wilmslow Road, SK9 3HQ

01625 404104

Open Monday to Saturday 9.30 am to 4.30 pm

Facebook Groups

There are several groups on Facebook that offer free or low cost furniture.

These include:

Wilmslow Hub

Wilmslow Community

Second Hand Furniture Websites

Facebook Market Place and Groups

Gumtree

FreeCycle

Pre-Loved

Freeads

VivaStreet

Freegal

Resources

Reuse Network

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

Furniture Support in Colshaw Farm



Charities

Glasspool Trust

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

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

Buttle UK

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buddleuk.org/apply-for-a-grant/>

Family Fund

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

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

Cost of Living Support in Colshaw Farm



Council Support

Cost of Living Crisis Team

The Cost of Living Crisis Team are available on 0300 123 5024 between 8.30 am to 5 pm Monday to Friday.

The team can advise you on what support is available in and where to get it.

Citizens Advice

Money Advice Service - 0300 500 5000

National Debt Line - or call 0808 808 4000

Christians Against Poverty

National debt counselling charity with a network of 160 centres based in local churches, offering hope and a solution to anyone in debt (not just Christians).

Money Advice service free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead **0800138 7777**

Debt Support Charities

Citizens Advice Cheshire East

General advice will be given via our national Adviceline which people can call free on 0800 1448848.

This is open Monday to Thursday from 9.30 am to 4 pm and Friday 9.30 am to 1 pm

Credit Unions

CopperPot Credit Union

Slater House, Oakfield Road, Cheadle Royal
Business Park, Cheadle, SK8 3GX

0161 741 3160

info@no1copperpot.com

Open Monday to Thursday 8 am to 4 pm 1

Friday 10 am to 4 pm

Stockport Credit Union Ltd

First House, 367 Brinnington Road, Brinnington,
SK5 8EN

0161 430 5808

mail@stockportcu.com

Open Monday to Friday 9 am to 5 pm

Financial and Employment Support

Your financial situation may be affecting your health and there are a range of organisations which can provide advice and assistance. These include:

Advice UK

0300 777 0107 www.adviceuk.org.uk

Jobcentre Plus - www.gov.uk/contact-jobcentre-plus/existing-benefit-claims

Fuel and Energy Support

Energy Projects Plus

Free and impartial advice to help you save money on your energy bills.

0800 043 0151

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

British Gas Energy Trust

<https://britishgasenergytrust.org.uk/>

Scottish Power Hardship Fund

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

E.On Energy Fund

<https://www.eonenergyfund.com/>

Support from Banks

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

National Debt services

Turn2us

Turn2us is a national charity providing practical help to people who are struggling financially.

0808 802 2000 www.turn2us.org.uk

National Debtline

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.

0808 808 4000 www.nationaldebtline.org

Welcoming Spaces in Colshaw Farm



Welcoming Spaces

Libraries are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

Alderley Edge Library

44a London Road, Alderley Edge, Cheshire, SK9 7GP
01625 374030

alderleyedge.library@cheshireeast.gov.uk

**Open Tuesday 9.30 am to 1 pm, Wednesday and Friday 9.30 am to 5 pm (closed from 1 pm to 2 pm)
Saturday 9.30 am to 1 pm**

Handforth Library

The Green, Wilmslow Road, Handforth, SK9 3ES
01625 378272

handforth.library@cheshireeast.gov.uk

**Open Monday, Tuesday, Thursday and Friday (10 am to 5 pm (Tuesday until 6 pm)
Saturday 9.30 am to 1 pm**

Wilmslow Library

South Drive, Wilmslow, Cheshire, SK9 1NW
01625 374060

wilmslow.library@cheshireeast.gov.uk

Open Monday to Thursday 10 am to 5 pm (Thursday until 7 pm) Friday 10 am to 1 pm and Saturday 9 am to 1 pm

The Guild for Lifelong Learning (Warm Place Offer)

Warm PlaCE Offer - A warm and welcoming community hub open to anyone within the community wanting to attend, Access to free Wi-Fi, board games, books and art gallery, Hot food and refreshments available at the Community Cafe, Wilmslow Guild, 1 Bourne Street, SK9 5HD
info@guildlifelonglearning.org

01625 523903

Available to all Monday to Friday between the hours of 10:00 - 15:00 (Term Time Only)

Riverside

Digital Inclusion Support in Colshaw Farm



National Organisations

Job Centre Support

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

Your work coach will be able to help support you to access further information

Social Tariffs

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

Visit www.ofcom.org.uk and search social tariffs to find out more.

The Department for Education

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work. To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills

Get Online @ Home

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

<https://www.getonlineathome.org>

Family Fund

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

www.familyfund.org.uk

The Charity Excellence

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

www.charityexcellence.co.uk

The National Data Bank

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

www.goodthingsfoundation.org

National Device Bank

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

<https://www.onlinecentresnetwork.org>

Digital Inclusion Support in Colshaw Farm



Libraries

Libraries across Cheshire East offer a range of different services and support including computer access, printing, group activities and offer a range of different services and support including computer access, printing, group activities and wellbeing support.

Alderley Edge Library

44a London Road, Alderley Edge, Cheshire, SK9 7GP

01625 374030

alderleyedge.library@cheshireeast.gov.uk

Open Tuesday 9.30 am to 1 pm, Wednesday and Friday 9.30 am to 5 pm (closed 1 pm to 2 pm)

Saturday 9.30 am to 1 pm

Handforth Library

The Green, Wilmslow Road, Handforth, SK9 3ES

01625 378272

handforth.library@cheshireeast.gov.uk

Open Monday, Tuesday, Thursday and Friday (10 am to 5 pm (Tuesday until 6 pm))

Saturday 9.30 am to 1 pm

IT Buddy Beginner Computer Sessions -

Contact for further details or to book your place.

Wilmslow Library

South Drive, Wilmslow, Cheshire, SK9 1NW

01625 374060

wilmslow.library@cheshireeast.gov.uk

Open Monday to Thursday 10 am to 5 pm (Thursday until 7 pm) Friday 10 am to 1 pm and Saturday 9 am to 1 pm

Saturday 9 am to 1 pm

IT and Chat at Wilmslow Library

Last Wednesday of the Month 2 pm to 3 pm

IT Buddy Beginner Computer Sessions

Wednesday 2 pm to 4 pm, Friday 10.30 am to 11.30 am

Learning

Learn My Way

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

www.learnmyway.com

Barclays Digital Wings

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

FutureLearn

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

www.futurelearn.com

Youth Provision in Colshaw Farm



Children's Centres

Oakenclough Family Hub

Colshaw Drive, Wilmslow, SK9 2PZ
01625 374 180

Oakenclough Family Hub is located within the heart of its community. You can access it on foot, by car and by bus. The centre has a team of friendly and experienced staff who work across the Wilmslow, Poynton and Knutsford centres to offer activities to children and their families within the community.

The Hub provides a one stop shop for the community where you can access services such as:

- midwifery appointments, health checks, weaning and nutrition advice, early years play education and sensory development
- intensive support to reduce family problems that result in family breakdown, working with the child and family to make positive changes
- family help and support for children with disabilities or additional needs
- practical support around finance and housing

Family Help Drop-In

All families and young people need a bit of help from time to time and the Family Help Team are here to do just that. The Hub has a drop-in session where members of the team will be on hand to provide free information, advice and support. We support families with children aged 0-19 (25 with special educational needs and disabilities).

Tuesday 10 am to 12 pm

Stay and Play

Suitable for up to 5 years of age during term time and 0-11 years in the school holidays.

Come and explore a range of play activities, including messy play and outdoor play, with an interactive rhyme and song time to end.

Tuesday 10 am to 11 am

Toddlers Together

If your child is under the age of 3 and walking, join the hub for their Toddler's Together session where you and your child will have the opportunity to sing, create, play and talk with a member of your Start for Life team.

Wednesday 10 am to 11 am.

The Cafe@Oakenclough

At the Cafe@Oakenclough you can enjoy homemade food, tea and barista coffee in a relaxed child-friendly environment and sourced from local suppliers with fresh vegetables provided from the Community Garden in front of the centre where possible. Children's meals only £1 during summer holidays.

Monday to Friday from 9 am to 2 pm

Toy Library

The toy library aims to support children's learning and development through play.

All toys are £1 per toy per week.

Tuesday to Thursday from 10 am to 2 pm

Youth Provision in Colshaw Farm



Activities and Groups

Monday Night Total Football

For 7 To 12 Year Olds

Wilmslow Prep Sports Hall, Grove Avenue, SK9 5EG
07792 791382/01625 529 764

Monday evenings

The Magic Language Theatre

Each 45 minute session is structured to support children on their exciting adventure into the world of learning another language.

Wilmslow Methodist Church, Water Lane, SK9 5AR
07927 958 500 info@magiclanguagetheatre.co.uk

Friday 2 pm to 2.45 pm

LEGO Club - Wilmslow Library

Weekly after school or evening LEGO Club
01625 374060

wilmslow.library@cheshireeast.gov.uk

Monday 3.30 pm to 4.30 pm

Thursday 5 pm to 6.30 pm

Wilmslow Youth ROC Café

The ROC Café is open Wednesday to Friday in the newly refurbished Undercroft at Wilmslow URC.

There are hot and cold drinks, snacks and tuck shop as well as games consoles, table tennis, bean bags, arts and crafts and free WiFi

The Undercroft Cafe, Wilmslow United Reformed Church, Chapel Lane, Wilmslow, SK9 1PR
matt@wilmslowyouth.com

Wednesday and Thursday 3 pm to 5 pm,

Friday 3pm to 5 pm, (School Years 7&8): 6 pm to

7.15 pm (School Years 9-11): 7.45 to 9 pm

Cheshire East Youth Support Service (YSS)

Youth Support Service (YSS) is for young people aged 13-19 or 13-25 (with additional needs).

Open Arms Youth Project, Howty Close, SK9 2SH
01625 384320

YSSReferralsNorth@cheshireeast.gov.uk

Wednesday 6.15 pm to 8.15 pm

Mental Health support

Young Minds Website and 24/7 text line

Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

www.youngminds.org.uk

Young Minds Textline: Text YM to 85258

Kooth – Online Counselling and Support (11-25)

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

Access through www.Kooth.com

0203 984 9337 contact@kooth.com

National Services

National Citizenship Service

Delivers a range of experiences for young people across the UK.

https://wearencs.com/ 0800 197 8010

Duke of Edinburgh

Delivers a range of experiences for young people across the UK.

https://www.dofe.org/

Virtual KEEN

Inclusive online activities for young people

www.keenuk.org/virtualkeen

Riverside

Family Support in Colshaw Farm



Family Support

HAF - Holiday Action Fund

The HAF programme is funded nationally by the Department for Education. The Cheshire East HAF programme enables children and young people who live in Cheshire East and/or attend a Cheshire East school who are in receipt of income/benefits-related free school meals to attend free activities during the main school Easter, summer and winter/Christmas holidays, where nutritional food is also provided.

If you have any queries regarding the HAF programme email CEHAF@cheshireeast.gov.uk or telephone: **0300 123 5033**

To see activities delivered visit

<https://eequ.org/cheshireeasthaf>

Baby banks

Baby banks help to provide pre loved clothes and equipment. To search projects, close to you visit <https://littlevillagehq.org/uk-baby-banks/>

Period and Hygiene Product Support

Many food banks, pantries and community centres will have access to free sanitary products.

Bloody Good Period - Give period products to those who can't afford them and provide reproductive health education to those less likely to access it. hello@bloodygoodperiod.com

Freedom4Girls

Provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

<https://www.freedom4girls.co.uk/request-products/>

Morrisons - Package for Sandy

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for 'Sandy' or a 'period product pack'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

Older People Support in Colshaw Farm



Local Support

St Vincent de Paul - Handforth Befriending Service

Volunteer befriending service for those who are unable to leave their homes.

07749 453776

stbenedictschurchhandforth@gmail.com

Luncheon club - Royal Voluntary Service

2 course lunch and activities. Please contact for further information about how to join.

01625 582514

annebale@goggs.co.uk

Delivered at 2 sites

Alderley Edge Methodist Church, Chapel Road,
Cheshire, Alderley Edge, SK9 7DU

Tuesday 12 pm to 2.30 pm

Thursday 12 pm to 1.30 pm

Honford Hall, South acre drive, SK9 3HN

Wednesday 12 pm to 1.30 pm

Handforth Library

Handforth Library deliver several groups and activities throughout the month. Please ask a member of staff to find out more.

Book Lovers Group

Handforth Library, The Green, Handforth, SK9 3ES

4.45 pm to 5.45 pm on the second Tuesday of the month

Crotchet Group

All abilities welcome.

Knitters and other woolly crafters welcome too!

Saturday 10 am to 12.30 pm

National Support

Age UK Advice Line - 0800 678 1602

Tax Help for Older People

01308 488066 taxvol@taxvol.org.uk

Dementia UK - 0800 888 6678

Re-engage

Group and one-to-one social activities will help older people connect with others.

0800 716543

The Silver Line - 0800 4 70 80 90

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Omega (befriending service for caregivers / carers)

Chatterbox Action Against Loneliness telephone chat

01743 245088 chatterbox@omega.uk.net

A Letter from Louise pen pal befriending

01743 245 088 aletterfromlouise@omega.uk.net

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.

08088088141

Mental Health and Wellbeing Support in Colshaw Farm



National Support - Anxiety and Depression Support

Calm

CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year
0800 58 58 58

Samaritans

Contact us if you're having a difficult time or if you're worried about someone else.
jo@samaritans.org or call 116 123

Shout free 24-hour text help

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.
It's a place to go if you're struggling to cope and you need immediate help.

SANEline

SANE is a charitable organisation that offers information and support for people struggling with their mental health. Their mental health helpline offers emotional support to anyone affected by mental illness, including families and carers. They can be contacted all year round between the hours of 4.30 pm and 10.30 pm on
0300 304 7000 www.sane.org.uk/home

Mental Health Matters - National Support **0191 516 3500 info@mhm.org.uk**

Depression UK

<https://www.depressionuk.org/>

Hub of Hope

<https://hubofhope.co.uk/>

The Mix - Advice and support for under 25s
0808 808 4994 4 pm to 11 pm

Addiction

Gambling Support

GamCare - 0808 8020 133

Alcoholic's Anonymous

Further information about the local meetings or A.A. group can be obtained by contacting
National Helpline 0800 9177 650
help@aamail.org

Narcotics Anonymous

Further information about the St Helens support group can be found by calling Helpline and general enquiries: **0300 999 1212**

Frank - Advice, information and support for anyone concerned about drugs and substance misuse.
Helpline: 0300 123 6600 24/7 Text 82111

Online Support

Side by Side - Minds online support community. A place to be heard, listen and share.
<https://sidebyside.mind.org.uk>

Togetherall - A safe community to support your mental health, 24/7. Get support. Take control. Feel better.
<https://togetherall.com/en-gb>

Papyrus Hopeline - Support and advice for Young People under 35.
0800 068 4141 open 24/7

Young Minds Parent Line - Advice for parents and carers worried about a young person
0808 802 5544 Monday to Friday 9.30 am to 4 pm

Domestic Abuse Services in Colshaw Farm



National Support - Domestic Abuse

The Police on 101 or in an emergency call 999

The National Domestic Abuse Helpline – 0808 2000 247

Choices – 0800 917 9948

The Mankind

male victims of domestic violence

01823 334244 or <https://mankind.org.uk/>

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

0300 999 5428

Refuge Helpline - 0808 808 9999

Rise

Freedom from Abuse and Violence

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

Ask for ANI

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Refuge The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

Bright Sky If you are concerned about domestic abuse, we know it can be hard to find support.
<https://uk.bright-sky.org/>

Charities and Grants

Heinz, Anna and Carol Kroch Foundation

Search by visiting

<https://grants-search.turn2us.org.uk/>

Smallwood Trust - www.smallwoodtrust.org.uk

Skinnners Benevolent Trust -

www.skinnners.org.uk/sbt

Family Support

NSPCC Helpline - 0808 800 5000

Childline - 0800 1111

Family Action

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

Dogs Trust Freedom Project

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project

Cats Protection Paws Protect

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

www.cats.org.uk/what-we-do/paws-protect

Domestic Abuse Services in Colshaw Farm



National Support - Domestic Abuse

Government Support -

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Support from a Job Centre

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

Citizen's Advice

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

Victim Support

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

Support line 08 08 16 89 111

IKWRO Women's Rights Organisation

Support for Middle Eastern, North African and Afghan survivors.

0208906460

07846275246 Kurdish/Arabic and English Speakers

07846310157 Farsi/Dari and English Speakers

Jewish Women's Aid - 0808 801 0500

Muslim Women's Network

0800 999 5786 or 0303 999 5786

info@mwnhelpline.co.uk

SignHealth

Support for Deaf and hard of hearing
020 39472601 or text 07970 350 366

da@signhealth.org.uk

ManKind Initiative helpline for male victims of domestic abuse - 01823 334244

Local Support

Domestic Abuse Support Clinic By CWA

Run by Cheshire Without Abuse (CWA) the Domestic Abuse clinic is a service for people affected by domestic abuse.

CWA are trained to recognise the signs and symptoms of domestic abuse and can help you figure out your next steps, whatever they may be
The Welcome, 146-147 Longridge, WA16 8PD

01565 750905

sarah.riley@thewelcome.org.uk

My CWA (Formerly Cheshire Without Abuse)

My CWA deliver a 'whole family, whole journey' service to local families affected by domestic abuse.

Lily Jones Support Centre, Mill House, Brook St, Crewe, CW2 7DE

0300 123 5101 (or dial 01270 250390 if you're calling from another area)

info@mycwa.org.uk

Survive

Counselling Services for Survivors of Abuse

156 Nantwich Road, Crewe, Cheshire, CW2 6BG

01270 253179

survive156@yahoo.com

Disability Support in Colshaw Farm



Government Support

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

National Support

RNIB

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

0303 123 9999

BSL 999 UK emergency relay service

999 BSL is an emergency VRS service for Deaf BSL users to contact the emergency services through an interpreter.

Available 24/7 through the website, iOS or Android. BSL users can contact the Police, Ambulance, Fire service or Coastguard using this service. For Emergency use only.

How the service works: You use **999** BSL app or Website to make a call to **999**, it will go to British Sign Language (BSL) interpreter first, who will appear on the screen. The BSL interpreter will then call the **999** operator through landline and will relay the conversation.

Local Support

Time out group

Activities and groups suitable for all ability adults (aged 18+) across Cheshire East. A friendly and fun group run by Activity Coordinators. Please contact to find out more. Activities listed below.

Time Out Group, 25 The Paddock, SK9 3HQ

07449211247/ 01625 520652

admin@timeoutgroup.org.uk

<http://www.timeoutgroup.org.uk>

Wellbeing and gardening -

Tuesday 10.30 am to 3.30 pm

Life Skills Programme

Fridays 10.30 am to 3.30 pm

Active sessions

Wednesday 6 pm to 8 pm

Social activity

Thursday 6 pm to 8 pm



Migrant and Multi-Cultural Support in Colshaw Farm



Useful Links

British Red Cross - RAMP@redcross.org.uk

SHAP - cdw@shap.org.uk

Oneworld Parish Nurse -
rachelsutton.parishnurse@mail.com

Refugee Women Connect
info@refugeewomenconnect.org.uk

Migrant Help
IAadminliverpool@migranthelpuk.org

Cafe Laziz - cafelaziz@hotmail.com

Boloh Helpline
Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.
To find out more contact 0800 151 2605

LGBTQ+ Support in Colshaw Farm



LGBTQ+ National Support

Corner House: Range of support opportunities for LGBTQ+ ages 11 to 17

Offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30 pm to 6 pm.

leahfewlass@wearecornerhouse.org

Mermaid: Support for gender diverse young people and their families

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

www.mermaidsuk.org.uk

0808 801 0400 Monday to Friday 9 am –to 9 pm

Stonewall - www.stonewall.org.uk

LGBT Foundation - <https://lgbt.foundation>

0345 3 30 30 30 helpline@lgbt.foundation

Mind - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

Mindout - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat

01273 234839 info@mindout.org.uk

Families and Friends of Lesbians and Gays (FFLAG) - **0300 688 0368 info@fflag.org.uk**

Galop - Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

0800 9995428 help@galop.org.uk

Local Support

Cheshire, Halton & Warrington Race & Equality Centre (CHAWREC)

Cheshire, Halton & Warrington Race & Equality Centre is a charitable organisation based in Chester that aims to eliminate discrimination and promote equality.

Cheshire, Halton & Warrington Race & Equality Centre, The Unity Centre, 17 Cuppin Street, Chester, Cheshire, CH1 2BN

01244 400730

office@chawrec.org.uk

http://www.chawrec.org.uk

Utopia LGBTQ+ Youth Group - Macclesfield

A youth club for lesbian, gay and bi-sexual (LGBTQ+) young people for people aged 15-19. Macclesfield Hub, 33 Great King Street, Macclesfield, Cheshire, SK11 6PN

Monday 6.30 pm to 8.30 pm

Silver Rainbows Older People's LGBT Network

Silver Rainbows is a social network for older lesbian, gay, bisexual and trans people in Cheshire

Body Positive, Bridgewater House, Edleston Road, Crewe, Cheshire, CW2 7EH

01270 653150

info@silverrainbows.com

http://www.silverrainbows.com

Additional Support in Colshaw Farm



Sexual Violence Support

Silent Solution

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

Hate Crime

Report a hate crime

You can report a hate crime online or call 101 to speak to the police.

Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger.

Stop Hate UK

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

Webchat at www.stophateuk.org/talk-to-us

Hope Central

The Hope Centres offers a warm and welcoming space offering free hot drinks and food. Helping to tackle isolation felt by people living in poverty they support people by introducing them into a caring community, that will continue to provide friendship and support, a place to meet new friends in a safe, non-judgemental environment. Each Hope Centre offers food and drinks, a 'Thought for the Day', crafts, games table as well as access to the internet for job searching and basic IT training.

Through the Hope Centre people can access debt help, support into employment, and access to courses which provide support about how to live well on a budget e.g Money Coaching and Life Skills Course. No referral is required - just drop in!

01625 724133

info@hopecentral.org.uk

Hope Centre Lacey Green, Lacey Green Pavilion,
Clough Avenue, Wilmslow, SK9 4BU

Handforth Hope Centre, St Chad's Church, Wilmslow
Road, Handforth, SK9 3ES

Colshaw Farm Hope Centre, Open Arms Centre,
Howty Drive, Wilmslow, SK9 2SH

Visit <http://www.hopecentral.org.uk> to find out more.