

Emergency Assistance

If you are unable to access the help you need, please speak with Hazel Hilton (manager) or Alana Tudor (deputy manager), or Jackie Tudor (senior leader) we will work hard to find the right help for you.

Food Bank Referrals: These can be made by your GP, school, preschool, a social worker or health visitor, or Citizens Advice.

East Cheshire Emergency Assistance Helpline: Telephone 0300 123 5010. Monday to Friday 8.30am to 5.00pm

Household Support Fund: help available until March 2024. Dependent upon your circumstances help is available to families, adults of any age and pensioners. Help can be given for food vouchers, help with boiler repair or replacements for homeowners, help with housing costs for those in rented accommodation. Please visit the Cheshire East Household Support Fund web page. For emergency support, please contact the Emergency Duty Team via 0300 123 5022

Cheshire East Live Well: Telephone **0300 123 5013**. Monday to Friday 8.30am to 5.00pm

Family Lives Charity: Telephone 0808 800 2222

Family Lives provides targeted early intervention and crisis support to families who are struggling. The issues we support families with include family breakdown, challenging relationships and behaviour, debt, bullying, risky teenage behaviour, isolation, and emotional and mental wellbeing. Opening Times: Monday to Friday 09:00 – 21:00, Saturday and Sunday 10:00 - 15:00. Any calls during the night are answered by Samaritans.

Cheshire East Domestic Abuse Helpline: 24 hours 0808 2000 247. The CWP Crisis is a 24/7 telephone service supporting children and adults. If you need urgent support for your mental health, please call 0800 145 6485.

Samaritans Every life lost to suicide is a tragedy | Here to listen: Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call: **116 123**, Email: jo@samaritans.org

24/7 Shout : Text **85258** for 24/7 confidential text support. A place to go if you're struggling and need mental health support.

Andy's Man Club: To talk freely and confidentiality about mental health and a range of other issues. Meetings are free to attend every Monday, except on Bank Holidays.

- Crewe Alexandra Football Club, Mornflake Stadium Gresty Road Crewe, CW2 6EB – 7pm
- Stafford RuFC Blackberry Ln Stafford, ST16 2TT

The Silver Line Helpline: A free confidential service for older people, providing 24/7 support, friendship and advice on **0800 470 8090**.

Switchboard LGBT+ Helpline offering a safe space to talk between 10.00-22.00 everyday **0300 330 0630**.

Support following a Suicide: Free and confidential, for as long as you need it, call **0330 088 9255**.

Childline: Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send *Childline* an email or post on the message boards.

Gypsy, Roma Traveller Help and Support:

PAPYRUS HOPELINE247 service is an inclusive, non-judgmental space to talk openly and honestly about your thoughts if feeling suicidal. Open 24 hours a day, every single day of the year (including bank holidays). Call: 0800 068 4141.

Text: 88247-Email: pat@papyrus-uk.org

Safe Space for Women Visit <https://women.travellermovement.org.uk/> for more information.

Email - women@travellermovement.org.uk If you are experiencing domestic abuse, please call helpline at [0754 1637 795](tel:07541637795) If you are in immediate danger, call 999 and ask for the police. If you can't speak and are calling on a mobile, press 55 to have your call transferred to the police.

CWA: A charity supporting families experiencing domestic abuse. From crisis accommodation, practical support and a 24-hour helpline. Helping with counselling and recovery programmes. A whole family service to help those affected by domestic abuse. Open 24 hours a day.
Telephone 0300 123 5101. Website <http://www.mycwa.org.uk>