

Support Directory Colshaw Farm



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Riverside Support Services



ASB, hate crime and domestic abuse

Our focus is to make sure all of our customers feel safe and have the support they need. We want our neighbourhoods to be safe places for everyone. We won't tolerate behaviour that prevents our customers feeling secure in their home and their neighbourhood.

To find out more about what support is available or to report incidents please visit <https://www.riverside.org.uk/you-your-home/asb-hate-crime-and-domestic-abuse/hate-crime/>

Money and benefit welfare advice

Our Money Advice Team are specialists in assisting and advising with Welfare Benefits. They can help you to make a claim, submit an appeal if you have been refused, explain how the different types of Benefits work and ensure that you are receiving your full entitlement.

For benefit advice please visit

<https://www.riverside.org.uk/you-your-home/money-advice/benefit-advice/>

For support from our money advisors please visit

<https://www.riverside.org.uk/you-your-home/money-advice/debt-advice/>

Energy and heating

Heating your home can be a real cost pressure. Here you can find guidance around keeping your costs down while keeping your home warm and free of damp.

For support from our Affordable warmth Team please visit

<https://www.riverside.org.uk/you-your-home/energy-and-heating/affordable-warmth-team/>

Employment and Training

Our Employment and Training Team provides free support to anyone living in a Riverside home. The team offer a tailored service for each person we work with. So whether you're a young person looking for a first job, would like to gain a qualification or are planning for longer term – we are here to help! We can help support you in

- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start your own business

To find out more visit

<https://www.riverside.org.uk/you-your-home/employment-training/>
or email

Safety and Support

We take our responsibility to make sure you are safe and comfortable in your home very seriously. Find out about asbestos, water and fire safety as well as advice on domestic abuse and report nuisances here.

<https://www.riverside.org.uk/you-your-home/safety-support/>

Riverside

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**

Pantries

Heywood Pantry

Back O'th Moss Community Centre, 52 Peel Lane
Heywood, OL10 4TU
Weekly Fee: £5.00

Opens every Thursday 9.30 am to 12 pm

Heywood Food Club

Derby Street Children's Centre, Derby Street, OL10 4Q
01706 369889

Open Friday 9.30 am to 11.30 am

For additional food support services please download our National Support Directory

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 storee, 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

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.

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
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

Employment Support

CVS Cheshire East

Supporting service users to upskill and volunteer within their local community. We offer 1-2-1 services to support service users to gain needed experience in their chosen industry

. 1a Gatefield Street Crewe Cheshire, CW1 1BA

Open Monday to Friday 9 am to 5 pm

Cheshire east council supported employment

Supporting working aged people with disability to find voluntary or paid employment.

Macclesfield Town Hall Market Place
Macclesfield Cheshire SK10 1EA

Open Monday to Friday 9 am to 5 pm

DWP Jobcentre Plus

Supporting with benefit claims and employment support via Work coaches.

30, King Edward St, Macclesfield, Cheshire,
SK101AE

Open Monday to Saturday 9 am to 5 pm

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)

Welcoming Spaces/Warm Hubs

Many warm hubs are based in Churches, Community Venues and Libraries. They offer a safe space to access food and refreshments, advice and guidance on benefits and keeping your home warm, activities and the opportunity to make new friends.

Warm Welcome

Warm Welcome Spaces are opening their doors to local communities, offering everyone a free, warm, welcoming and friendly space. You can search spaces near you by visiting <https://www.warmwelcome.uk/>

Digital 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

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

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>

Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

<https://www.nhs.uk/start-for-life/>

Baby Banks

A baby bank works in a similar way to a food bank, but instead of giving out food, families can get free baby items. This can include nappies and toiletries, clothing, cots, prams, highchairs and toys.

Baby banks don't only provide help for babies, however. With some you may be able to get clothing and items for children up to age sixteen. You can find baby banks near you by visiting <https://littlevillagehq.org/uk-baby-banks/> <https://www.babybankalliance.org/baby-bank-map> <https://baby-basics.org.uk/>

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

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.

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/>

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

Mental Health and Wellbeing Support Colshaw Farm



Mind

Mind offers help and support to those who need it most. There's more than 100 local Minds across England and Wales, offering specialised support and care based on the needs of their communities.

Local Minds run mental health services in local communities. Anyone can get in touch – you don't need to have a GP referral. Each local Mind is different, but the services they offer might include:

- Talking therapy
- Crisis helplines
- Advocacy
- Employment and training schemes
- Counselling
- Befriending services

To find support near you visit

<https://www.mind.org.uk/information-support/local-minds/>

Samaritans - To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or visit some branches in person. To find your local branch visit <https://www.samaritans.org/branches/>

SANEline - If you're experiencing a mental health problem or supporting someone else, you can call SANEline on **0300 304 7000 (4.30pm–10pm every day)**.

National Suicide Prevention Helpline UK.

Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652 (6 pm to midnight every day)**.

Campaign Against Living Miserably (CALM).

You can call the CALM on **0800 58 58 58** (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service. <https://www.thecalmzone.net/get-support>

Shout - If you would prefer not to talk but want some mental health support, you could text **SHOUT** to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

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>

Hub of Hope

The Hub of Hope is the UK's leading mental health support database of local, national, peer, community, charity, private and NHS mental health support and services together in one place. Support available online or through the Hub of Hope App. <https://hubofhope.co.uk/>

Mental Health Matters - National Support service providing help for those struggling with their mental health **0191 516 3500** info@mh.org.uk

Depression UK

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

Domestic Abuse Services in Colshaw Farm



If you are in immediate danger, call 999 and ask for the police.

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

If you are deaf or can't use a phone

You can register with the emergencySMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

Bright Sky app

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

Safe Spaces

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

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

Support for Disabilities in Colshaw Farm



Government Support

There is a wide range of disability-related financial support, including benefits, tax credits, payments, grants and concessions.

Some benefits you might get are:

- Universal Credit
- Personal Independence Payment (PIP) or Disability Living Allowance (DLA)
- Attendance Allowance
- New Style Employment and Support Allowance (ESA)

Vehicles and transport

If you're disabled you can apply for the following:

- exemption from paying vehicle tax
- parking benefits - Blue Badge
- disabled persons bus pass or Disabled Persons Railcard
- help to buy or lease a car from The Motability Scheme

To find out more visit

<https://www.gov.uk/financial-help-disabled>

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. Access to work may pay for

- special equipment, adaptations or support worker services to help you do things like answer the phone or go to meetings
- help getting to and from work
- mental health support
- communication support at a job interview (for example, a British Sign Language interpreter or a lipspeaker)

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

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 Colshaw Farm



BME Youth

BME Youth is a national youth organisation of children and young people from Black, Asian and Minority Ethnic (BAME) communities in the UK.
<https://www.bmeyouth.org.uk/about/>

Muslim Women's Network UK

MWNUK is the only national Muslim women's organisation in Britain. They offer a helpline, counselling services, training and workshops.
<https://www.mwnuk.co.uk/>

Migrants Rights Network

The Migrants' Rights Network is a UK charity that stands in solidarity with all migrants in their fights for rights and justice.
<https://migrantsrights.org.uk/>

The Muslim Community Helpline

The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.
0208 908 6715 / 0208 904 8193
ess4m@btinternet.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

Useful Links

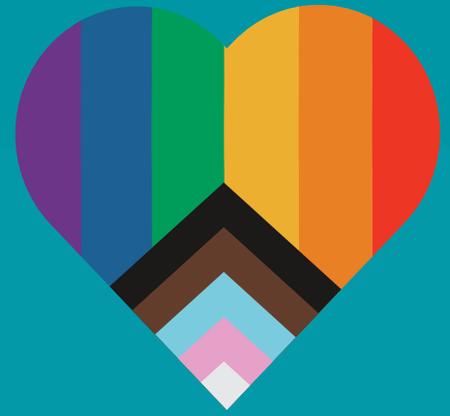
British Red Cross - RAMP@redcross.org.uk

SHAP - cdw@shap.org.uk

Oneworld Parish Nurse -
rachelsutton.parnishurse@mail.com

Refugee Women Connect
info@refugeewomenconnect.org.uk

LGBTQ+ Support in Colshaw Farm



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

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

Mermaids 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

Stonewall stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. The website provides resources for individuals and workplaces across the UK.

www.stonewall.org.uk

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

Mindout

MindOut is a mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people. We work to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern.

01273 234839 info@mindout.org.uk

Women and Men's Groups Colshaw Farm



Women's groups

Young Women's Trust

Young Women's Trust champions young women aged 18 to 30 on low or no pay. They offer young women free coaching, feedback on job applications and information to help them get where they want to be. To find out more visit <https://www.youngwomenstrust.org/get-support/>

The National Women's register

The website has a map of activities running across the UK, you can search groups by visiting <https://nwr.org.uk/network/groups/>

Ladies Circle

Ladies Circle provides the opportunity for women to connect across the UK. <https://www.ladiescircle.co.uk/>

Men's Groups

ANDYSMANCLUB

ANDYSMANCLUB want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They have clubs across the UK that deliver weekly, free-to-attend peer-to-peer support groups for men aged over 18. <https://andysmanclub.co.uk/find-your-nearest-group/>

Men's Shed Groups

Men's Shed Groups bring together social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. There are a number of groups across the UK, to find the one closest to you visit <https://menssheds.org.uk/find-a-shed/>

Additional Support Services 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.

Rape Crisis

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened. **0808 500 2222** open 24 hours a day
<https://rapecrisis.org.uk/get-help/>

Galop

A UK LGBT+ anti-abuse charity, provides a dedicated sexual violence helpline for LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

Victims can contact the Helpline by phone 0800 999 5428 or via email help@galop.org.uk.

The 24/7 Rape and Sexual Abuse Support Line

247 offers Free, specialist and confidential support delivered by Rape Crisis England & **0808 500 2222**

To chat online or find out more visit

<https://247sexualabusesupport.org.uk>

National Online Helpline for Male Survivors

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

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

Safeline

A dedicated service in England and Wales for adults and children affected by rape or sexual abuse who identify as male and for those that support them such as friends and family.

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

0808 800 5005 or visit

<https://www.safeline.org.uk/contact-us/> to chat online

Text support: **07860 065187** Open Monday to Friday 9 am to 8 pm, Saturday and Sunday 10 am to 2 pm.

The Survivors Trust

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

08088 010818

info@thesurvivorstrust.org

More information can be found at

www.thesurvivorstrust.org

Victim Support

If you've been affected by sexual violence and would like information or support, you can get in touch by:

contacting your local Victim Support team

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/>

Calling the Supportline on **08 08 16 89 111** using the free 24/7 live chat service

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

If English is not your first language and you would like support, call supportline and let us know which language you speak. They will call you back with an interpreter as soon as possible. They also welcome calls via Relay UK and SignLive (BSL).

Additional Support Services in Colshaw Farm



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

Victim Support: (24/7 support)

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. You don't have to report a crime to get help from Victim Support.

0808 16 89 111

Live chat available by visiting

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Hate Crime Campaign

The Hate Crime Campaign provides information and services to those who have been a victim of Hate Crime.

<https://hatecrime.campaign.gov.uk/>

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.