**Directory of resources Locally and Nationally in South Staffordshire**

**Acess Team – Midland Partnership Foundation Trust**

The Access team provides a single point of contact for all the Trust's adult mental health services, including people with dementia. The team provide advice and guidance to individuals, carers and partners.

Telephone: **0808 196 3002**

Email: **access.staffordshire@mpft.nhs.uk**

**Admiral Nurses - Dementia UK**

Dementia UK is committed to supporting families through the life-changing support of our dementia specialist Admiral Nurses. Our nurses work in the community, supporting families at home, as well as in hospitals, GP surgeries, care homes and hospices. Check if this is available in your area.

Telephone: **0800 888 6678**

www.dementiauk.org/get-support/find-an-admiral-nurse/

**AGE UK** Registered charity advice on benefits, debts, income, legal issues, pensions, fraud, health services, loneliness, relationships, keeping well, paying for care, housing options, problems with care, home safety, help for carers

Telephone: **01785 788477**

www.ageuk.org.uk

**Alzheimer’s Society** Registered charity support line, local services, carers guides, fact sheets on various subjects including symptoms and diagnosis and treatments, online community, help with care, legal and financial support, staying independent, daily living, research

Telephone: **01543 573936**

www.alzeimers.org.uk

**Approach Staffordshire** Registered charity, day centers, men in sheds, carers’ cafés, dementia advisors and training.

Telephone: **01782 314999**

[www.approachstaffordshire.co.uk](http://www.approachstaffordshire.co.uk)

**Attendance Allowance helpline** Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you. It’s paid at 2 different rates and how much you get depends on the level of care that you need because of your disability.

Telephone: **0800 731 0122**

**CASS The Carers Association**

CASS The Carers Association support Carers from across the Southern Staffordshire region with free information, advice and support. Carers across Staffordshire can join our online support group, Carers Together, to keep connected during these tough times. Getting online might be new to some Carers but we can talk you through how to access our groups it simple steps. You are all welcome at our Carers Together group.

**Telephone: 01785 606675** Monday-Friday 10am to 4pm

**Cannock Chase Hospital**

Telephone: **01543 572757**

**Cannock Chase Shed** - Build, make, restore, repair and support community projects. Watch, assist or lead activities. Building: Museum of Cannock Chase Telephone: 07964851114. Email: enquiries@cannockchaseshed.org.uk. Contact: David Shaw. Monday and Wednesday 9:30-12:30pm.

**Care Home Select**

**CHS Healthcare** Commissioned by the NHS – a free service

Support with finding local care home vacancies, organising packages of care, assess and shortlist care options, advice on fees, government financial thresholds, regulations and benefits, advisors are available to meet during evenings and weekends.

Telephone: **0800 008 7193\*** \*standard local rate

Email: enquiries@carehomeselection.co.uk

**Carers Hub** Commissioned service by the Council andCCG**.** Support with the following:carers’ assessments, information advice and guidance, Hub groups, I.C.E cards, signposting, emotional support, financial advice, online support, contingency planning support.

Telephone: **0330 123 1937**

www.thecarershub.co.uk

**Carers UK** Registered charityadvice on carers allowance, help with benefits, practical support, online forums

Carersuk.org.uk

**Citizens Advice Bureau** Advice on benefits, debt, family, housing, law, immigration and health.

Telephone: **0845 050 5250**

www.citizensadvice.org.uk

**Crossroads Care** Registered charity for carers and people they care for. Palliative Care, domestic home care, 24/7 emergency support, groups and one on one activities

Telephone: **01782 268391**

Crossroadsstaffordshire.org.uk

**Cruse** Registered charity for individuals, trained bereavement volunteers offer support to adults and children

**0808 808 1677**

[www.cruse.org.uk](http://www.cruse.org.uk)

[**Burton**](https://www.cruse.org.uk/get-help/local-services/east-midlands/derbyshire-and-east-staffordshire)  **01283 533362**  Burton@cruse.org.uk

[**South Staffordshire**](https://www.cruse.org.uk/get-help/local-services/west-midlands/south-staffordshire)  **01543 433 479**  southstaffordshire@cruse.org.uk

[**Wolverhampton**](https://www.cruse.org.uk/get-help/local-services/west-midlands/wolverhampton-and-dudley)  **01902 420055** dudleywolves@cruse.org.uk

**Day Centres/Opportunities:**

**Good Life, South Staffordshire:** This has information on all groups available to you in your area and to suit your needs. Contact: 01902 696141. Website: Southstaffordshire.thegoodlife.uk.net

### West Staffordshire:

Cannock, Havenly care day centre - 177 Hednesford Rd, Heath Hayes, Cannock WS12 3HN. Open times: Monday-Friday: 9am-3pm. Telephone:  [01543 899538](https://www.google.com/search?q=Havenly+care%2C+Cannock&oq=Havenly+care%2C+Cannock&aqs=edge..69i57.2587j0j4&sourceid=chrome&ie=UTF-8)

Cannock, St Julian’s Day Centre **-** 258 Bridge St, Cannock WS11 0JL Telephone: 01785 788482

Penkridge, Roller Mill Day Centre, AGE UK - Telephone: [01785 788477](https://www.google.com/search?q=Roller+Mill%2C+Penkridge+AGE+UK&oq=Roller+Mill%2C+Penkridge+AGE+UK&aqs=edge..69i57.8287j0j4&sourceid=chrome&ie=UTF-8)

### Stafford, Bradbury House Day Centre, AGE UK - Telephone: [01785 607060](https://www.google.com/search?q=Bradbury+House%2C+Stafford+AGE+UK&sxsrf=ALeKk02iC58xsWZNUMBj9DCkGTagdjzzcg%3A1624024896442&ei=QKfMYPG1GoyvUKHAolg&oq=Bradbury+House%2C+Stafford+AGE+UK&gs_lcp=Cgdnd3Mtd2l6EAMyBggAEBYQHjoHCCMQ6gIQJ1C6kQJYupECYOKSAmgBcAJ4AIABPYgBcpIBATKYAQCgAQGgAQKqAQdnd3Mtd2l6sAEKwAEB&sclient=gws-wiz&ved=0ahUKEwjx1buYrKHxAhWMFxQKHSGgCAsQ4dUDCA4&uact=5)

Stafford, Rural Care Stafford Ltd: Day opportunities and drop-in centre. Monday-Friday, 9:15-4pm. Contact Linda or Mike on 07815 803124 or 07720 965401

Stafford, The Tuesday Mixer Club – over 55s - Hot drinks, fun and games, demonstrations, bingo, weekly guests and talks. The White Eagle Club Stafford. 1-3:30pm. £1 admission

Stone Alzheimer’s group, Christchurch Centre, Stone. Thursday, 10-12. Contact Alzheimer’s society: 01543 573936

Wolverhampton, Cranmer Day Centre - New Hampton Rd W, Wolverhampton WV6 0RS. Telephone: [0800 328 6091](https://www.google.com/search?q=day+centre+in+staffordshire+elderly&biw=1280&bih=609&tbm=lcl&sxsrf=ALeKk036lmQVAqMqQerfJSX-Uz8h5_7gkQ%3A1624025198076&ei=bqjMYJuZBKrmgwf_l7-4AQ&oq=day+centres+in+staffordshire+elde&gs_l=psy-ab.1.0.33i22i29i30k1.6758.8249.0.9601.5.5.0.0.0.0.140.403.4j1.5.0....0...1c.1.64.psy-ab..0.5.403...0i22i30k1.0.jFaf6AoxnLE)

Wolverhampton, Ekta Day Centre - Mander St, Wolverhampton WV3 0JZ. Telephone: [01902 553554](https://www.google.com/search?q=day+centre+in+staffordshire+elderly&biw=1280&bih=609&tbm=lcl&sxsrf=ALeKk036lmQVAqMqQerfJSX-Uz8h5_7gkQ%3A1624025198076&ei=bqjMYJuZBKrmgwf_l7-4AQ&oq=day+centres+in+staffordshire+elde&gs_l=psy-ab.1.0.33i22i29i30k1.6758.8249.0.9601.5.5.0.0.0.0.140.403.4j1.5.0....0...1c.1.64.psy-ab..0.5.403...0i22i30k1.0.jFaf6AoxnLE)

## Wombourne, Orton Meadows Day Opportunities, AGE UK- Telephone: 01785 788481

**East Staffordshire:**

Burntwood and Lichfield, MHA Communities– Information on local day services and opportunities. For Burntwood, contact 01543 674 257 or Burntwood.Liveathome@mha.org.uk or for Lichfield contact 01543 415 020 or Lichfield.liveathome@mha.org.uk

Burton Wood Street Day Centre - 87 Wood St, Burton-on-Trent DE14 3AA. Open Times: 9am-4pm. Telephone: [01283 512609](https://www.google.com/search?q=day+centre+in+staffordshire+elderly&biw=1280&bih=609&tbm=lcl&sxsrf=ALeKk036lmQVAqMqQerfJSX-Uz8h5_7gkQ%3A1624025198076&ei=bqjMYJuZBKrmgwf_l7-4AQ&oq=day+centres+in+staffordshire+elde&gs_l=psy-ab.1.0.33i22i29i30k1.6758.8249.0.9601.5.5.0.0.0.0.140.403.4j1.5.0....0...1c.1.64.psy-ab..0.5.403...0i22i30k1.0.jFaf6AoxnLE)

Tamworth, Manor House Day Centre - Manor House, Hockley Rd, Wilnecote, Tamworth B77 5EE. Open Times 8am-5pm. Telephone: [01827 254544](https://www.google.com/search?q=day+centre+in+staffordshire+elderly&biw=1280&bih=609&tbm=lcl&sxsrf=ALeKk036lmQVAqMqQerfJSX-Uz8h5_7gkQ%3A1624025198076&ei=bqjMYJuZBKrmgwf_l7-4AQ&oq=day+centres+in+staffordshire+elde&gs_l=psy-ab.1.0.33i22i29i30k1.6758.8249.0.9601.5.5.0.0.0.0.140.403.4j1.5.0....0...1c.1.64.psy-ab..0.5.403...0i22i30k1.0.jFaf6AoxnLE)

Uttoxeter, St Mary's Mount Day Care - Holly Road, Uttoxeter ST14 7DX. Open Times: 9am-10pm. Telephone:  [01889 598649](https://www.google.com/search?q=day+centre+in+staffordshire+elderly&biw=1280&bih=609&tbm=lcl&sxsrf=ALeKk036lmQVAqMqQerfJSX-Uz8h5_7gkQ%3A1624025198076&ei=bqjMYJuZBKrmgwf_l7-4AQ&oq=day+centres+in+staffordshire+elde&gs_l=psy-ab.1.0.33i22i29i30k1.6758.8249.0.9601.5.5.0.0.0.0.140.403.4j1.5.0....0...1c.1.64.psy-ab..0.5.403...0i22i30k1.0.jFaf6AoxnLE)

**Dementia Action Alliance** National alliance for dementia care and research organisations across England- sharing best practice. [www.nationaldementiaaction.org.uk](http://www.nationaldementiaaction.org.uk)

**Dementia UK** Registered charity support line, local services, carers guides, fact sheets on various subjects including symptoms and diagnosis and treatments, online community, help with care, legal and financial support, staying independent, daily living, research, Admiral nurses.

www.dementiauk.org

Telephone: **0800 888 6678**

**Dignity in Dying**

Telephone: **0870 777 7868**

www.dignityindying.org.uk

**DVLA**

Telephone: **0300 790 6806**

www.dft.gov.uk/dvla

**Everyone’s health Telephone support group (Staffordshire)** – Support and telephone activities. Telephone: 0333 005 0095

**Home Care Staffordshire** Lists care at Home and Homecare providers in Staffordshire

Homecare.co.uk

**Huntington Disease Association** Registered Charity - What is Huntington’s Disease?, getting help, symptoms, resources, local support.

Telephone: **0151 331 5444** (Monday to Friday, 9am to 5pm)

www.hda.org.uk

**Independent Age Befriending Service** - If you’re feeling in need of a good chat with someone who cares – perhaps you’re living on your own or your health isn’t what it used to be – our volunteers can provide a regular chat over the phone. You sign up for as long or as short a time as you like. You’ll catch up with a volunteer at a regular time that suits you both. If you decide your volunteer isn’t working out, you can let us know and we’ll find you someone else. You won’t be charged – friendship is free! Telephone: 0800 319 6789

**MASE (Monthly Alzheimer’s Support Evening) - Daphne** and **Richard** are two Founder Trustees of the **MASE**. They have have both cared for, and lost a loved one to Alzheimer’s. Once a month, in [**Haughton**](http://themasegroup.org/?p=172), [**Rugeley**](http://themasegroup.org/?p=28), [**Cannock**](http://themasegroup.org/?p=78), [**Hednesford**](http://themasegroup.org/?p=1202) and [**Stafford**](http://themasegroup.org/?p=1332) a **MASE** Group takes place. The locations have reasonable access by public transport and are in safe locations close to each town. Fundamentally the **MASE** aims to provide social support and information for people with dementia, their carers, family and friends. An assortment of leaflets are on-hand outlining services, benefits and resources available for people with dementia and their carers, from Health, Social Services, voluntary organisations and the private sector.  There is also the opportunity to ask questions of professionals in a protected and confidential environment. No charge is made for visitors to the **MASE,** however donation boxes are on all tables for people to support the upkeep of the Groups.

Telephone - **01785 211140** **or mobile: 07939 505455**

Website - https://themasegroup.org/

**Meals on Wheels, ICARE** - Telephone: 01543 578906 or 0845 604 1125

**Memory and Dementia Team– Midland Partnership Foundation Trust**

The Memory and Dementia team admin hub provides a single point of contact for the team, you can speak to the duty worker, psychiatrists Mental Health Nurses, Support Workers, Psychologists and Occupational Therapists. The admin team will forward calls or take messages if the individual you would like to speak to is not available.

Telephone: **0300 303 3427 Mon – Fri 9am-5pm**

Out of hours Number: **0300 555 5001**

**Multi Agency Safeguarding Hub (MASH)**

The Staffordshire and Stoke-on-Trent MASH is a partnership between seven key public sector organisations, covering the county of Staffordshire and the city of Stoke-on-Trent, who work together to improve safeguarding outcomes for children, adults with care and support needs and those people involved in serious domestic abuse situations.

Contact MASH If you think someone who has care and support needs is being abused or if you think their safety is at risk. If you are worried about someone’s immediate safety, contact the police calling **999**.

**Telephone: Adults Referral Teams 0845 6042719** Staffordshire

www.southstaffslpc.co.uk/resources/safeguarding/

**Mind** Registered Charity – information and support, mental health, drugs and treatments, legal rights, tips for everyday living, guides to support and services, helplines, online community, local services.

Telephone: **0300 123 3393** (Monday to Friday, 9am to 6pm). www.mind.org.uk

**NHS 111 Service** - Can help if you have an urgent medical problem and you’re not sure what to do:

Telephone: **111**

**New Cross Hospital - Wolverhampton**

Telephone: **01902 307999**

**PALS (Patient Advice and Liaison Service)**

The Patient Advice and Liaison Service (PALS) offers confidential advice, support and information on health-related matters. They provide a point of contact for patients, their families and their carers.

**01283 593110 Tamworth/Lichfield**

**08000 407060 Cannock**

**0800 783 2865 Stafford**

**01902 695362 Wolverhampton**

**Parkinson’s UK** Registered charity -What is parkinson’s?, information and support, symptoms, treatments and therapies, local services, research, professional’s network, helpline, learning hub.

Helpline **0808 800 0303**

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**Power of Attorney** (Office of the Public Guardian)

Telephone: **0300 456 0300**

www.publicguardian.gov.uk

**Stafford Dementia Action Alliance –** is led by Diane Wallace and is a post funded by Wrekin Housing Trust. Diane provides training to professional and family carers. She also runs the Lean On Me service, which supports carers with taking a break or by telephone during the current coronavirus pandemic. Diane will speak to carers about the reality of living with dementia, and strategies for how to cope with different symptoms and challenges.

Telephone: **01785 215 678 / 07837 317 521**

**The Probate Service**

Telephone: **0845 30 20 900**

www.hmcourts-service.gov.uk/infoabout/civil/probate/index.htm

**Private Care Homes & Nursing Homes UK** List of care homes across the UK with links to their CQC reports to review

Carehome.co.uk

Carechoices.co.uk

**Queens Hospital - Burton on Trent**

Telephone: **01283 566333**

**Royal Air Force Benevolent Fund** Registered charity provides support for veterans

Telephone: **0300 102 1919**

[www.rafbf.org](http://www.rafbf.org)

**Royal British Legion** Registered charity provides support for veterans

Telephone: **0800 802 8080**

www.britishlegion.org.uk

**Silver Line helpline** - The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially trained helpline team can: Offer information, friendship and advice, link callers to local groups and service, offer regular friendship calls 1-1 and in groups, protect and support older people who are suffering abuse and neglect. Telephone: 0800 470 80 90. The Silver Line Helpline is free to calls.

**Sir Robert Peel Community Hospital - Tamworth**

Telephone: 01**283 566 333**

**Samaritans -** Confidential support for people experiencing feelings of distress or despair:

Telephone: **116 123**(free 24-hour helpline)

**Samuel Johnson Community Hospital Lichfield**

Telephone: **01543 412900**

### SANE - Emotional support, information and guidance for people affected by mental illness, their families and carers:

### Telephone: 0300 304 7000 (daily 4.30pm to 10.30pm)

### Singing for the Brain – Lichfield or Wombourne– 01543 573936 or staffordshire@alzheimers.or.uk

**Stafford County Hospital**

Telephone: 01785 257731

**Stafford Social Club** **-** We provide a face to face social network for the residents of Stafford to gain ongoing emotional, social, and practical support by joining groups, activities and 1-1's in the local community. We facilitate a weekly social programme of activities such as walks, cinema visits, coffee mornings, day trips and social outings, delivered by volunteers who have lived experience of mental distress who understand the difficulties our members face. We can work with anyone who feels lonely or isolated, low in mood or anxious, or even those wanting to make more friends and get out more, or volunteer their time to help others in their local community. Everyone is welcome. Telephone: 01785 283024 or Email: info@thesocialhub.org.uk website: www.starfishhealthandwellbeing.co.uk

**Staffordshire Together for Carers** – This service is delivered by N-compass. Once you get in touch with us, we can arrange for a dedicated Carers Information and Support Officer to get in touch with you. Support includes; an assessment of your needs called a ‘Statutory Carers Assessment’; information advice and guidance on range of matters relevant to the caring role; support to access community resources and services; support to take breaks from caring, including befriending and peer support; support to develop emergency and contingency plans and support with future planning; training and skills development; newsletters four times per year. Office hours – **9-5pm**

Telephone: **0300 303 0621 (calls charged at local rate)**

Text: **07786 201226**

General Email: **enquiries@staffordshiretogetherforcarers.org.uk**

Website: **www.staffordshiretogetherforcarers.org.uk**

Online Chat: [**www.n-compass.org.uk/our-services/carers**](http://www.n-compass.org.uk/our-services/carers)

Outside office opening hours registered Carers can talk to the team of supportive Volunteers on our Carers Help And Talk (CHAT) Line. Call 0330 022 9297 lines are open 24/7.

### Staffordshire County Council Advice, support and care for adults, keeping well, help and support with daily living, local area information, social care journey, support for carers, information on resources, application for blue badges

### www.staffordshire.gov.uk

### Telephone: 0300 111 8010 Mon – Fri 9am-5pm

### Emergency Duty Team out of office hours 0345 604 2886 Mon – Fri 5pm -9am Weekends and Bank holidays 24hrs

### Direct Payments Team

### 01785 854493

### Direct.payments@staffordshire.gov.uk

### Staffordshire Cares dedicated phone number and email address for all adult social care services Mon – Fri 9am-5pm

### Telephone: 0300 111 8010staffordshirecares@staffordshire.gov.uk

### Emergency Duty Team -Staffordshire Cares

### If you are dealing with a high risk or urgent situation outside of normal working offices and you cannot wait for the local office to open, contact the emergency duty team.

### They deal with adult safeguarding and mental health assessments and prioritise referrals. Providing us with as much information as possible to help them to respond more effectively.

### Telephone: 0345 604 2886 Mon- Fri 5pm -9am Saturday, Sunday, Bank holiday 24 hour service

### Support Staffordshire Directory of voluntary, community and Social enterprises in Staffordshire.

### Telephone: 0300 777 1207

### www.supportstaffordhsire.org.uk

### St George’s Hospital Stafford

### Switchboard: 0300 790 7000

**U3a -** The u3a is a learning self-help group of people no longer in full-time employment which enables members to share many educational, creative and leisure activities. In more normal times most groups meet during the day at a variety of venues in Stafford and surrounding villages, sometimes in members' homes with new groups constantly being set up. There are also monthly meetings, open to all members, which feature visiting guest speakers covering a wide range of topics. There is no limit to the number of groups members can join. Annual membership fee is **£10.00** per person (2021 - 2022). There is also a fee of £1.00 for each group session attended. Website: <https://u3asites.org.uk/stafford> Telephone: 01785 593039

**Wombourne Volunteer bureau** – transport and clubs. Telephone: 01902 892492.