



Through challenging times it can feel difficult to reach out, we want you to know there is a Social Prescribing Service at your Doctors Surgery, you can work with a Community Link Advisor to navigate what is available in the local community, you will gain 1:1 support to create a personal plan that will help you to take the next steps on your journey.  
To make an appointment contact your Doctors Surgery.

**Staffordshire Connects** - connecting you to help and support in the community –

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/home.page>

**Autism: reach out and connect, information, guidance and support**

<p>Staffordshire Adults Autistic Society</p>	<p><b>Web:</b> <a href="https://www.saas.uk.com/">https://www.saas.uk.com/</a></p> <p><b>Tel:</b> 07828 775804</p> <p><b>Email:</b> <a href="mailto:saas.headoffice@gmail.com">saas.headoffice@gmail.com</a></p> <p><b>FB:</b> <a href="https://www.facebook.com/StaffordshireAdultsAutisticSociety">https://www.facebook.com/StaffordshireAdultsAutisticSociety</a></p>	<p>Support for Adults 18+ and support to parents of children or young adults who are on the spectrum. Fortnightly virtual meetings 'Enlightening Evenings'</p>
<p>AU-SUMS</p>	<p><b>Email:</b> <a href="mailto:nicky.jones@midlandspychology.co.uk">nicky.jones@midlandspychology.co.uk</a></p> <p><b>FB:</b> <a href="https://www.facebook.com/groups/ausums/">https://www.facebook.com/groups/ausums/</a></p>	<p>Closed Facebook groups for parents of children with a diagnosis of ASD</p>



Bereavement		
<p>Stafford District Bereavement &amp; Loss Support Service</p>	<p><b>Web:</b> <a href="http://www.staffordbereavementsupport.org.uk/">http://www.staffordbereavementsupport.org.uk/</a>  <b>Tel:</b> 07702 311037  <b>Email:</b> sdblss@hotmail.co.uk</p>	<p>Volunteer Bereavement counsellors are on hand. All appointments carried out through telephone contact.</p>
<p>Telephone Support Service for people who have had a bereavement through Covid 19</p>	<p><b>Tel:</b> 07951 928 592            Support line is open:            Monday to Friday 10am to 1pm            Outside of these times you can leave a message and we will call you back</p>	<p>Our telephone support line is staffed by trained bereavement volunteers and counsellors and you can call us to speak to someone if you are struggling.             Katharine House Hospice, and Stafford District Bereavement and Loss Support Service are working together to support those who have lost someone from COVID 19.</p>



**Carers: do you have caring responsibilities for a friend or relative?**

<p>Carers Hub</p>	<p><b>Web:</b> <a href="https://www.thecarershub.co.uk/">https://www.thecarershub.co.uk/</a></p> <p><b>Tel:</b> 0330 123 1937 Mon -Fri 9am-5pm, Wed 9am – 8pm, Sat 9am – 12.30pm</p> <p><b>Email:</b> <a href="mailto:info@carershub.co.uk">info@carershub.co.uk</a></p>	<p>Provide support to all Adult &amp; Young Carers via telephone support</p> <p>Online information, advice &amp; guidance.</p> <p>Offering emotional wellbeing and befriender calls WhatsApp Carer support groups</p> <p>Virtual tea and coffee mornings to keep Carers connected.</p>
<p>CASS The Carers Association</p>	<p><b>Web:</b> <a href="http://carersinformation.org.uk/">http://carersinformation.org.uk/</a></p> <p><b>Tel:</b> 01785 606675</p> <p><b>Email:</b> <a href="mailto:info@carersinformation.org.uk">info@carersinformation.org.uk</a></p>	<p>Information and support for carers.</p> <p>Telephone and online support.</p> <p>Digital zoom meetings.</p>



Employment and Volunteering		
<p>Building Better Opportunities-</p> <p>Stafford &amp; South Staffordshire</p>	<p><b>Web:</b> <a href="https://bbostaffs.org/">https://bbostaffs.org/</a></p> <p><b>Tel:</b> 07792 241008</p> <p><b>Email:</b> <a href="mailto:bbostaffs@gmail.com">bbostaffs@gmail.com</a></p>	<p>The programme is free, focusing on improving your personal, financial and employability skills.</p> <p>Made up of a network of partners offering a wealth of specialist support, including animal therapy, work placements, yoga, meditation, anxiety and mental health workshops, confidence building activities, debt recovery, IT skills, access to computers and the internet, support with housing and benefit queries.</p> <p>All participants are also assigned a dedicated support worker, also known as advocate.</p>
<p>Princes Trust - under 25's (some courses under 30's)</p>	<p><b>Web:</b> <a href="https://www.staffordshirefire.gov.uk/your-safety/young-people/princes-trust/">https://www.staffordshirefire.gov.uk/your-safety/young-people/princes-trust/</a></p> <p><b>Tel:</b> 07528983152 or 07971 893228</p> <p><b>Email:</b> <a href="mailto:princes.trust@staffordshirefire.gov.uk">princes.trust@staffordshirefire.gov.uk</a></p>	<p>Staffordshire Fire and Rescue Service work in partnership with The Prince's Trust across three separate programmes:</p> <p>Get Started, Team and Fairbridge.</p>



Health and Wellbeing		
Upper Moreton Farm	<p><b>Web:</b> <a href="http://www.uppermoretonfarm.co.uk/">http://www.uppermoretonfarm.co.uk/</a></p> <p><b>Tel:</b> 07814 237 211</p> <p><b>Email:</b> <a href="mailto:umra.cic@gmail.com">umra.cic@gmail.com</a></p>	<p>Free Health &amp; Wellbeing Learning Courses for those with mental wellbeing issues, a learning difficulty or physical disability.</p> <p>Part of the Building Better Opportunities – See details above Support individuals to independence, volunteering and getting nearer to the workplace.</p> <p>During COVID 19 - online courses.</p>
Join the Movement	<p><b>Web:</b> <a href="https://www.sportengland.org/stayinworkout">https://www.sportengland.org/stayinworkout</a></p>	<p>Find lots of fun and creative ideas on how to get active at home, workouts from providers, such as Les Mills on Demand, Joe Wicks and FiIT.</p> <p>The latest advice around getting outside, with tools to help you make the most out of the fresh air during your daily walk, run or cycle</p>



Mental Health Support		
<p>Staffordshire Mental Health Helpline</p> <p>(7pm-2am Weekdays, 2pm-2am Weekends)</p>	<p><b>Web:</b> <a href="https://www.brighter-futures.org.uk/staffordshire-mental-health-helpline/">https://www.brighter-futures.org.uk/staffordshire-mental-health-helpline/</a></p> <p><b>Tel:</b> 0808 800 2234 Free <b>Text:</b> 07860 022821 Free</p> <p><b>Email:</b> <a href="mailto:staffordshire.helpline@brighter-futures.org.uk">staffordshire.helpline@brighter-futures.org.uk</a></p>	<p>Free and confidential emotional support over the telephone for people concerned about their mental health or that of someone they know.</p> <p>For anyone aged 18 and over.</p>
<p>Staffordshire Recovery Hub</p>	<p><b>Web:</b> <a href="https://makingspace.co.uk/services/centres/staffordshire-recovery-hub">https://makingspace.co.uk/services/centres/staffordshire-recovery-hub</a></p> <p><b>Tel:</b> 01543 223210</p> <p><b>Email:</b> <a href="mailto:therecovery.hubstaffordshire@makingspace.co.uk">therecovery.hubstaffordshire@makingspace.co.uk</a></p>	<p>The Recovery Hub is a free community-based service that supports in the journey towards mental health recovery.</p> <p>Individual and/or group support.</p> <p>During covid 19 provides telephone support.</p>
<p>Andy's Man Club Stafford</p>	<p><b>FB:</b> <a href="https://www.facebook.com/Andys-Man-Club-Stafford-412000006248193/">https://www.facebook.com/Andys-Man-Club-Stafford-412000006248193/</a></p> <p><b>Email:</b> <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a></p>	<p>A support group for men to talk about their mental health.</p> <p>Andy's Man Club is for any man, whatever's getting him down.</p> <p>No cost, no commitment.</p> <p>During Covid 19 online (facebook) every Monday 7pm.</p>



<b>Families</b>		
Silkmore Children's Centre	<p><b>Web:</b> <a href="https://www.staffordshire.gov.uk/Children-and-early-years/Ccentres/Stafford/Silkmore-Childrens-Centre.aspx">https://www.staffordshire.gov.uk/Children-and-early-years/Ccentres/Stafford/Silkmore-Childrens-Centre.aspx</a></p> <p><b>FB:</b> <a href="https://www.facebook.com/2009silkmore">https://www.facebook.com/2009silkmore</a></p> <p><b>Tel:</b> 01785 246802 or 07711 349553</p> <p><b>Email:</b> <a href="mailto:fiona.beech@staffordshire.gov.uk">fiona.beech@staffordshire.gov.uk</a></p>	<p>Families with young children can access a range of services, participate in activities and get information about what is going on locally.</p> <p>They also have some targeted/specialist services, such as family support services for families who need more help.</p>
Stafford Family Hub	<p><b>Web:</b> <a href="https://www.staffordshire.gov.uk/Coronavirus/Family-Hubs.aspx">https://www.staffordshire.gov.uk/Coronavirus/Family-Hubs.aspx</a></p> <p><b>FB:</b> <a href="https://www.facebook.com/Staffordfamilyhub/">https://www.facebook.com/Staffordfamilyhub/</a></p> <p><b>Tel:</b> 07711 349553</p> <p><b>Email:</b> <a href="mailto:fiona.beech@staffordshire.gov.uk">fiona.beech@staffordshire.gov.uk</a></p>	<p>Stafford Family Hub is a free service funded by Staffordshire County Council.</p> <p>It is a virtual space where you can find advice and support and connect with others in your area.</p> <p>Created to help families during Coronavirus.</p>



Socially Isolated		
<p>BeConnected</p>	<p><b>Web:</b> <a href="http://www.sarh.co.uk/sarh-customers/in-my-community/beconnected/">http://www.sarh.co.uk/sarh-customers/in-my-community/beconnected/</a></p> <p><b>Tel:</b> 0800 111 4554</p> <p><b>Email:</b> <a href="mailto:getinvolved@sarh.co.uk">getinvolved@sarh.co.uk</a></p>	<p>Stafford Rural Homes have a BeConnected programme for anyone over 55. It focuses on connecting with people at home via group telephone calls. Groups include: craft companions, coffee catch up, bingo and quizzes.</p> <p>BeConnected also provides telephone befriending and a seated exercise DVD.</p> <p>To become a member register at <a href="https://www.sarh.co.uk/sarh-customers/in-my-community/beconnected/beconnected-registration/">https://www.sarh.co.uk/sarh-customers/in-my-community/beconnected/beconnected-registration/</a></p>
<p>Everyone Health- free STAY IN TOUCH telephone and postal service</p>	<p><b>Web:</b> <a href="https://staffordshire.everyonehealth.co.uk/services/social-isolation-loneliness/">https://staffordshire.everyonehealth.co.uk/services/social-isolation-loneliness/</a></p> <p><b>Tel:</b> 03330 050 095</p> <p><b>Email:</b> <a href="mailto:eh.staffs@nhs.net">eh.staffs@nhs.net</a></p>	<p>For adults (18+) in Staffordshire. Following the restrictions due to Covid-19, Everyone Health launched its FREE Stay In Touch telephone befriending service and postal service, providing an opportunity to meet new friends whilst at home. Their range of telephone-based groups includes everything from bingo, crafts to local history club.</p>