

MIDDLEWICH INFORMATION LEAFLET

Middlewich Town Council, Victoria Buildings, Lewin Street, Middlewich CW10 9AS. Contact 01606 833 434, admin@middlewich.org.uk or visit <https://middlewich.org.uk/>

Live Well Website - For more information about groups, activities and support visit the Cheshire East Council Live Well Website - <https://www.cheshireeast.gov.uk/livewell/livewell.aspx>

Police - Online services for Cheshire Constabulary; report a crime, get help and advice and read the latest news and appeals (www.cheshire.police.uk). In an emergency call 999 and for a non-emergency call 101

Cheshire Fire and Rescue – For more information about the services they offer visit www.cheshirefire.gov.uk. In an emergency call 999. For general enquiries and non-emergency assistance call 01606 868700.

FlexiLink is a transport service for Cheshire East residents if you have a disability, are aged 80 or over, or live beyond the reach of any other public transport. The fare is £3 per journey or free with a concessionary bus pass. To book a journey call 0300 123 5110 between 10.00am - 1.00pm Monday to Friday.

Middlewich Library – Lewin Street, Middlewich, CW10 9AS. For more information about groups and sessions, please contact 01606 288070, middlewich.library@cheshireeast.gov.uk or just drop in.

Contact Hub is the first contact for all things 0-19+ including health visitors, school nurses and infant feeding. Tel: 0300 1234058, email wchc.cehub@nhs.net, www.wchc.nhs.uk/children

Everybody Health & Leisure - Middlewich Leisure Centre, St. Ann`s Walk, Off King Edward Street, Middlewich, CW10 9BU. Contact 01606 271877, middlewich@everybody.org.uk or visit www.everybody.org.uk/locations/middlewich/



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Benefits, Financial & Housing Support

Cheshire East Council provide a number of benefits for residents.

www.cheshireeast.gov.uk/benefits
www.cheshireeast.gov.uk/emergencyassistance
www.cheshireeast.gov.uk/fsm
www.cheshireeast.gov.uk/bluebadge

0300 123 5013 Council Tax Support, Housing Benefit, Emergency Assistance (help in a crisis)

0300 123 5012 Free School Meals and Blue Badges

benefits@cheshireeast.gov.uk
emergencyassistance@cheshireeast.gov.uk
freeschoolmeals@cheshireeast.gov.uk
bluebadge@cheshireeast.gov.uk

Cost of Living support - [Cost of living \(cheshireeast.gov.uk\)](http://www.cheshireeast.gov.uk/cost-of-living)

Money Matters - [Help with Debt \(cheshireeast.gov.uk\)](http://www.cheshireeast.gov.uk/help-with-debt)

Benefits, are you receiving everything you should be? www.entitledto.co.uk

Cheshire East Council Housing Team - All Housing services can be contacted on 0300 123 5017. If the office is closed and you are homeless in an emergency, you can contact our out of hours number 0300 123 5025. For more information, please visit [Housing \(cheshireeast.gov.uk\)](http://www.cheshireeast.gov.uk/housing)

Citizens Advice Cheshire East - National Adviceline which people can call free on 0800 1448848. This is open Monday to Friday from 9am to 5pm. (www.citizensadvice.org.uk).

Breathing Space (Debt Respite Scheme) - If you live in England or Wales, you can get temporary protection from your creditors while you get debt advice and make a plan. www.stepchange.org/how-we-help/breathing-space-scheme

Cheshire and Warrington Opportunities - www.candwopportunities.co.uk

Parents First provides 12 months free personalised support for parents of 2, 3 and 4 year old children to explore training and education opportunities relative to their individual goals and/or to support parents to find meaningful employment. If you are interested to learn more about our support then call 07442963798 or email Parentsfirst@cheshireeast.gov.uk

Cheshire East Council – For more information on what support is available to help you get back into employment, apprenticeships and volunteering, please visit [Careers, Jobs and Skills \(cheshireeast.gov.uk\)](http://www.cheshireeast.gov.uk/careers-jobs-and-skills)

Springboard Cheshire will give you personalised one to one support to help you get straight into employment if you have recently been made redundant, chosen to change your career or just left college. For more information call 0300 123 5809 or visit www.torusfoundation.org.uk/opportunity/springboard/

Journey First programme provides intensive 1-2-1 support for people aged 15+ including cared for children and care leavers, those with special educational needs, adults who are not in a job, education or training and have a range of needs such as mental health conditions or homelessness. For more information, please call 07814079458 or email journeyfirst@cheshireeast.gov.uk.

New Leaf is a voluntary program that supports people who are out of work with help from a dedicated mentor providing 1-2-1 guidance and support. For more information email newleaf@torus.co.uk or phone 01925 452131.

Useful Information

Cheshire East Council – For information about services please visit [cheshireeast.gov.uk](http://www.cheshireeast.gov.uk) or call the Information Line on 0300 123 5500. For more ways to contact Cheshire East Council, please visit [Contact Us](http://www.cheshireeast.gov.uk/contact-us)

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Befriending Services

Lingua GM focus on supporting and re-engaging people within the Middle Eastern communities. Tackling loneliness, Mental Health Support low level (befriending and higher level) for young people and adults. Helpline 07814634576 Email: info@linguagm.com

Snow Angels – Supports people aged 40 + who are lonely and feeling isolated with befriending in person or via telephone (Currently paused for befriending referrals until approx. October 2022). Snow Angels also runs it's benefit support, including benefit checks, accessing grants, lasting power of attorney and wills, which is open for referrals. 0300 666 0002 or email shammie@snowangels.org.uk

Wishing Well deliver a telephone befriending service to tackle loneliness. For more information email gill.tarrant@wishingwellproject.net.

Cheshire Buddying & Befriending Service & Wellbeing Service – Are you over 50 and living in Cheshire? Are you lonely or isolated? Get in touch 07919 327131, befriending@changing-lives-together.org.uk. Referrals from organisations preferred.

Employment

Jobcentre Plus, Wellington House, 38-44 Delemere Street, Crewe, CW1 2JY, Telephone: 0845 604 3719

Job Centre Plus, 30 King Edward Street, Macclesfield, SK10 1AE, Tel: 0845 604 3719

Job Centre Plus, Wagg Street, Congleton, CW12 4BD; Tel: 0800 169 0190

<https://www.gov.uk/contact-jobcentre-plus>, 0800 169 0190

Job Help - Support, training and advice on finding your next opportunity www.jobhelp.campaign.gov.uk

Money Helper – Free and Impartial help with benefits, family and care, money troubles, everyday money, pensions and more.

<https://www.moneyhelper.org.uk/en>

Fuel and Food Support

Middlewich & District Foodbank, 0771 227 9949, info@middlewichdistrict.foodbank.org.uk or for more information visit www.middlewichdistrict.foodbank.org.uk/

Cheshire East Council - [Help with heating your home \(cheshireeast.gov.uk\)](http://cheshireeast.gov.uk) email: warm@cheshireeast.gov.uk, Telephone: 0300 123 5017 (select option 4)

Save Energy Advice Line - Energy Projects Plus provide a telephone advice service on 0800 043 0151 for Cheshire East residents, offering a wide range of advice on energy efficiency, help with prepayment meters, switching energy suppliers, managing fuel debt and much more.

Green Doctor - Energy efficiency experts helping households to stay warm and well and save money on their utility bills. Services include advice with energy and water, support to apply for the Warm Home Discount, Priority Services Registers, switching suppliers, grants and advice on energy debt. Also provide free energy savings devices to eligible residents. Freephone - 0330 1740 863, greendoctor.clm@groundwork.org.uk

Local Energy Advice Partnership (LEAP) - Freephone 0800 060 7567, email support@applyforleap.org.uk or visit <https://applyforleap.org.uk/>

Health and Wellbeing

Oaklands Medical Centre, Oaklands Surgery, St. Anns Walk, Middlewich, Cheshire, CW10 9BE, 01606 836481, www.oaklandsmiddlewich.nhs.uk

Waters Edge Medical Centre - Lex House 10 - 12 Leadsmithy Street, Middlewich, CW10 9BH, 01606 544401, www.ssphealth.com/our-practices/waters-edge-medical-centre#

Alternative Solutions Social Prescribing is a holistic support service accessible via your local GP surgery

Leighton Hospital - Middlewich Road, Crewe, Cheshire, CW1 4QJ, Tel: 01270 255141

NHS 111 - 111 is a free-to-call single non-emergency number medical helpline operating in England. www.111.nhs.uk

Visyon is a charity that supports the emotional health of children, young people and their families. For all enquiries, referrals and appointments call 01260 290000 or email administration@visyon.org.uk

SWANS support young people age 11 – 18 suffering from poor mental health due to the effects of the Lockdowns and Covid-19. For more information please contact swans-cic@outlook.com

Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement. For more information visit www.mentell.org.uk/

Mind provide advice and support to empower anyone experiencing a mental health problem. Contact details for Mid Cheshire Mind: 01606 863305, Office@midcheshiremind.org.uk, www.midcheshiremind.org.uk

MyCWA Cheshire without Abuse – Support for survivors of domestic abuse. Call the 24-hour domestic abuse hub on 0300 123 5101 or visit <https://www.mycwa.org.uk/> for more information.

Healthwatch Cheshire is an independent voice for the people to help shape and improve local health and care services and we want to hear about your views, needs and experiences. We can also signpost or refer you to local health or social care and provide information about what to do when things go wrong. For more information call 0300 323 0006 or visit www.healthwatchcheshireeast.org.uk.

Cheshire East Carers' Hub provides a single point of access for all Carers including both young and adult Carers. The hub will ensure that Carers of all ages will have access to information, advice and a wide range of support services. Contact the Service Access Team for more information on 0300 303 0208 or enquiries@cheshireeastcarershub.co.uk.

Chapter provide a volunteer delivered telephone listening service, called Connect, for adults experiencing loneliness/isolation and mild/moderate mental ill-health. Tel: 01244 344409 or visit <https://chaptermentalhealth.org/referrals/>

Revival support vulnerable older people aged 55+ living at home to rebuild confidence and support with practical tasks, connecting them back into their local communities and providing low level mental health support. Tel: 0333 014 3389 Email: hello@thisisrevival.org.uk

Crossroads Together deliver Community Links - bridging the gap from home and community, working flexibly/responsively, supporting adults and/or those with disabilities/long-term health conditions. Tel: 01260 583012 Email: CLCE@crossroadstogether.org.uk

Neuromuscular Centre provides safe opportunities and activities for the Neuromuscular community. Targeting individuals and families living with a long-term condition, who have experienced significant hardship, isolation and loneliness during the pandemic period. Call 01606 860911