

# Cannock Loneliness & Befriending Support Directory

## Resources and information



Countywide Support for the Voluntary,  
Community and Social Enterprise (VCSE) sector

If you have any questions please contact James Flintham, Community Officer

07956 448718 [james.flintham@supportstaffordshire.org.uk](mailto:james.flintham@supportstaffordshire.org.uk)

Support for groups and organisations is available from Michelle Cliff, Senior Locality Officer

07956 441395 [michelle.cliff@supportstaffordshire.org.uk](mailto:michelle.cliff@supportstaffordshire.org.uk)

### Summary

This document has been created to draw together the many and different support opportunities to reduce loneliness and information about what is available for people living in Cannock.

This starts with family and neighbourly networks and spreads to include friendship and support groups, faith and Church groups, new mutual aid support groups linked to local areas, specific support groups around particular conditions, services across the district or county wide offers, support and initiatives available from local councils, through to the health service and Social Prescribing.

The information in this document will be updated and the latest version can be found by following the link:

[VCSEsupportinCannock.uk](http://VCSEsupportinCannock.uk)

This research feeds into the Staffordshire Connects website, a much larger and more comprehensive resource covering the whole of Staffordshire. Organisations can submit information directly. Staffordshire County Council have a county wide network of Community Help Points, locally at Cannock Library and Rugeley Community Centre as points of contact where people can to talk to trusted people for advice and information.

<https://www.staffordshireconnects.info/>



Rugeley Community Centre compile a What's On Where guide for Rugeley as well as signposting directly to other resources in the Rugeley area directly at the centre. They also are home to Rugeley Foodbank and Rugeley Community Church.

<https://rugeleycc.org.uk/centre/>



Information, advice and guidance is also available on the Support Staffordshire website. Through Social Action, Volunteering, Social Prescribing and Development support work, colleagues at Support Staffordshire are available to work with groups and individuals in Cannock.

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

## County wide

**Name:** Everyone Health

**Description:** Everyone Health has partnered with Staffordshire County Council to provide services that help and support those aged over 50 who meet a certain criteria and live in one of the identified areas across Staffordshire. (Stop Smoking support is now for those 40+ and Physical Activity is now for those 18+ and live anywhere in Staffordshire)

**Current offer:** [Tackling Social Isolation](#) (available to anyone in Staffordshire aged 18+) A comprehensive timetable of telephone and online support available at the moment. [Stop Smoking Falls Prevention NHS Health Checks](#) [Adult Weight Management](#) [Physical activity sessions](#) (including new health walks)

**Future plans:** Walking groups are restarting. Many of the virtual groups will be offered as in person groups.

**Contact:** Telephone 03330 050095 E-mail [eh.staffs@nhs.net](mailto:eh.staffs@nhs.net) Website <https://staffordshire.everyonehealth.co.uk/> Twitter [@EHStaffordshire](https://twitter.com/EHStaffordshire)

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=GdSjwtoEJKc>

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**Name:** Bringing People Together

**Description:** We are a network that supports social groups to run, so that people can join by telephone or online all from their own homes.

**Current offer:** Organisations to join and get support with costs of a Zoom account. We also provide training and support of being in the network.

**Future plans:** The support will be the same.

**Contact:** James Henderson 07946771495 | [james.henderson@tctogether.org.uk](mailto:james.henderson@tctogether.org.uk) | BPT Social Media @BPTatHome | [www.bringingpeopletogether.org.uk](http://www.bringingpeopletogether.org.uk)

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=iHe9GloB2GM>

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**Name:** CASS the Carers Association

**Description:** CASS The Carers Association is a registered charity providing services within the districts of Cannock Chase, East Staffs, Lichfield, South Staffs, Stafford and Tamworth that support family members or friends of any age who are caring for someone in the community.

**Current offer:** Our support services might have had to have a refresh due to Covid-19 but we are still here supporting Carers. Our team are currently working from home and communication will be as prompt as possible whilst we adhere to Covid restrictions keeping us safe. Our Advice Line continues to be active 5 days a week manned by the designated advice line worker for that day.

**Contact:** 01785 606675 | [enquiries@carersinformation.org.uk](mailto:enquiries@carersinformation.org.uk) | <http://carersinformation.org.uk/>

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=IXfOvNg24Ko>

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## Digital

Staffordshire Libraries in partnership with Community Learning, have launched an IT Telephone support service. Are you struggling with IT in lockdown, unable to get your e-mail setup, want to try online shopping or has social media got you all confused? Do you want to know more about how to get started with eBooks or eMagazines or find out about online courses to brush up your skills?

Maybe our new telephone support service can help. A friendly member of our Library team or a Community Learning tutor will give you a call and talk through your problem and help you work through it. If we can't find an immediate solution we'll make sure we direct you to someone who can, to a suitable course or other kinds of help. It's a totally free service so give us a try, we're happy to help.

**Contact:** Contact our Call Centre on 0300 111 8000 or your local library to register for a call back. Or you can complete an online form: <https://www.staffordshire.gov.uk/Libraries/Telephone-IT-support.aspx>

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## Cannock Chase wide

**Name:** MHA Communities South Staffordshire

**Description:** is a registered charity which supports older people to Live Later Life Well.

**Current offer:** Extending the current befriending and digital communities offer to cover Cannock Chase. Will deliver in the community and face to face again when able to and where a need is identified. This could include: Dementia specific services – day care, Carers group, Love to Move, Green care, exercise groups, assisted shopping, lunch clubs, mini trips and outings, holidays, craft sessions, computer group and information, advice and guidance.

**Contact:** [southstaffs@mha.org.uk](mailto:southstaffs@mha.org.uk), 01543 674257; <https://www.mha.org.uk/communities/near-me/>; <https://www.facebook.com/MHAlichfieldLaH>

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=AnmqDSAdC0s>

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**Name:** Inspiring Healthy Lifestyles

**Description:** provide the leisure and culture offer on behalf of Cannock Chase District Council, this includes Chase and Rugeley Leisure Centres, 5's Pavilion and Sports Ground, The Museum of Cannock Chase, Prince of Wales Theatre and a wellbeing service that focuses on sport and physical activity, arts and creativity and growing community capacity as tools to improve the overall wellbeing of the Cannock Chase district.

**Current offer:** For members of our sites we currently offer an On Demand offer for physical activity. Chase Up outdoor green exercise opportunities are in Hednesford North, Chadsmoor and Springfields in Rugeley.

**Future plans:** Maximising our activities for health and wellbeing programme to support people to improve their wellbeing and offer opportunities for support, such as newly formed physical activity buddy scheme. Support our communities where the need is greatest.

**Contact:** Gez Hill [Gerard.Hill@ihlmail.org](mailto:Gerard.Hill@ihlmail.org) Facebook/Twitter @ihlcannockchase

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=XYARV3GWOJI>

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**Name:** Kendal & Wall

**Current offer:** We help to combat loneliness and social isolation in elderly and disabled people by providing outings in wheelchair accessible minibuses. We provide a door-to-door service. Our volunteers look after clients and push wheelchairs, if necessary. Mobility scooters are available for hire, if required.

**Future plans:** Looking to set up a new branch in Cannock to offer more opportunities for residents of the district.

**Contact:** Telephone 01543 897131 E-mail [enquiries@kendallandwall.org](mailto:enquiries@kendallandwall.org) Web

<http://www.kendallandwall.org/>

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=ztT7ST9zUdQ&adultchannel=0>

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**Name:** Cannock libraries

**Current offer:** A Reading Friends service is available and usually involves four chats to talk to a library member about books. As the conversation develops this can lead to signposting to other services. Launching an IT support service for people to be able to access digital technologies over the telephone. (See Digital above).

**Future plans:** Bringing groups back together socially and enabling the sharing of resources as well as being in the same pace together, breaking down the fear and encouraging people.

**Contact:** Telephone 0300 111 8000 E-mail [cannock.library@staffordshire.gov.uk](mailto:cannock.library@staffordshire.gov.uk)

**Staffordshire Connects entry:**

[https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=DZDnRC\\_QTbI](https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=DZDnRC_QTbI)

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## Social Prescribing

**Description:** Has been around for the last 16 months in Cannock. Social Prescribers work with GP surgeries to support patients that don't require clinical intervention and helps to signpost, support and connect them to the right services. This could link people to social activities to reduce their loneliness

**Current offer:** Not able to see people face to face at the moment, Being proactive working with GP at risk registers and doing welfare calls, though this can be different from practice to practice. Referrals are only accepted through a member of GP team including reception staff.

Support Staffordshire are recruiting volunteer buddies to help with befriending, building confidence and accessing services. Initially this will be by telephone due to current restrictions. You can contact your Social Prescriber via your own GP surgery.

#### **Local Social Prescribers:**

**Sharon Wright**, Cannock Villages PCN - Alderwood Surgery, Heath Hayes and Chase Medical, Nile Practice, Red Lion.

**Jill Davies**, Cannock Villages PCN - High Street Surgery, Essington Medical Practice, Southfield Way Surgery, Norton Canes Surgery, Norton Canes Practice, Norton Canes Health Centre.

**Sarah Maxfield:** Cannock North PCN - Chadsmoor Medical Practice, The Colliery Practice, , Dr Murugan & Partner.

**Caroline Bradford:** Cannock North PCN - Quinton Practice, Dr Rasib, Hednesford Medical Practice, Rawnsley, Dr Manickam

**Debbie Hill:** Horsefair PCN - Sandy Lane Practice, Horsefair Practice Group.

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## Local areas

### Rugeley

**Name:** Rugeley Community Centre

**Description:** Community Help Point and hub in Rugeley. Home to Rugeley Foodbank. Run Active-ate in each school holiday.

**Current offer:** St Giles bereavement group are still running every Thursday morning with very positive feedback of being a safe place to open up. For loneliness and phone support we mainly signpost on to Brereton Million's brilliant telephone befriending but we also have what we call "listeners" - people who are happy to talk to someone on the phone to chat or signpost them. They are normally face to face during Foodbank sessions but not during the pandemic. RCC Café runs term times on a Tuesday morning between 9am and 11am.

**Future plans:** Update WOW (What's On Where in Rugeley) as well as the new WOW lite leaflet we are planning to update our full WOW directory and take it online to be a searchable tool. People can drop in any time and sit in our cafe area, have a drink etc, we can signpost them to relevant things in the community, discuss further support needs, etc.

**Contact:** Telephone 01889 579341 E-mail [office@rugeleycc.org.uk](mailto:office@rugeleycc.org.uk)

#### **Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=6B2ElwXNq68>

**Name:** Cherishers 811 CIC

**Description:** Employs disadvantaged and disabled individuals to provide domestic and commercial ironing and cleaning contracts in Staffordshire and through profits generated provides free Social Care community services to the elderly and societies most vulnerable members.

**Future plans:** Will be starting a Book Club – aimed at those over 65yrs old who would be vulnerable or lonely. A Knitting Club – learning to knit, crochet and encourage social engagement & interaction. Female Wellbeing – provide a safe environment for unpaid carers to get respite, vulnerable and lonely women to get social interaction by meeting other local likeminded women. Art Therapy – we have an artist that comes in twice a week to run art classes for those who have disabilities, are vulnerable and socially isolated.

**Contact:** Telephone 01889 578822 E-mail [ironing@cherishers.co.uk](mailto:ironing@cherishers.co.uk) website <http://www.cherishers.co.uk/>

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=ld5vad8ul8s>

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**Name:** Rugeley Supportive Neighbours

**Description:** Volunteer support with food shopping, prescription delivery and telephone befriending.

**Contact:** Telephone 07902 193861

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## Brereton

**Name:** Brereton Million

**Description:** Partnership making a lasting positive difference to our community in Brereton.

**Current offer:** Volunteer support with food, shopping, prescription delivery, telephone befriending, penpals and activity packs. Provided practical support in Brereton and Rugeley. A much appreciated service that has supported community members during Covid.

**Contact:** Telephone 07837 309697 <https://www.breretonmillion.co.uk/>

<https://www.facebook.com/BreretonMillion>

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## Heath Hayes

**Name:** Cherished Coffee Shop

**Description:** We are a local community coffee shop, run by Community Life Church in Heath Hayes. We are based in the local Community centre, and we are open every Tuesday, Wednesday and Friday 9am-3pm Our aim is that for those who come into the coffee shop are made to feel "Cherished". We are passionate about helping people who are lonely or struggling or just need a friendly face or a listening ear.

**Current offer:** Our "Woolly Wednesday" knit and natter group is a great place to meet new people, anyone is welcome to join us we meet at 10-12. Also our "Kiddie Café" toddler group which runs on a Friday Morning 10-12. Experienced in operating in a Covid secure way.

**Contact:** Facebook <https://www.facebook.com/CherishedCoffeeShop> You can message us using messenger via our page or contact Ruth direct Tel. 07501336869

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## Chadsmoor

**Name:** Drop In N Chat/Place of Welcome

**Description:** Friendly social drop in session.

**Current offer:** Takes place every Wednesday morning at St Aidan's Church Hall (192 Pye Green Rd, Cannock WS11 5RL). Completely free and a warm welcome from volunteers awaits. Free hot drinks and biscuits.

**Contact:** James Flintham, Support Staffordshire 07956448718 [james.flintham@supportstaffordshire.org.uk](mailto:james.flintham@supportstaffordshire.org.uk)

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**Name:** Tuesday morning bacon butty and coffee morning

**Description:** Friendly social drop in session.

**Current offer:** Takes place every Tuesday morning at Bethany Baptist Church Hall (Cannock Road, Chadsmoor WS11 5DA – use rear door from car park) between 10am and 12. A warm welcome from volunteers awaits. Provide hot drinks, bacon sandwiches and toasted tea cakes. Donations welcome.

**Contact:** James Flintham, Support Staffordshire 07956448718 [james.flintham@supportstaffordshire.org.uk](mailto:james.flintham@supportstaffordshire.org.uk)

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## Support Groups

**Name:** MASE (Monthly Alzheimer's Support Evenings)

**Description:** The monthly MASE Groups offered the hand of friendship and support to Carers and their cared for with Alzheimer's/Dementia. There were five groups based in Cannock, Haughton, Rugeley, Hednesford and Stafford which have been running for 12 years.

**Current offer:** As the five monthly groups have been suspended since March 2020 we have still been actively engaged with our members, especially the most vulnerable. Since April 2020 75 home-cooked meals each week have been delivered which equates to well over 3,000 meals. This is a chance to see members during the drop off and we are able to assess their situation. We also send out a monthly Newsletter to over 250 people with tips and tricks on how to deal with things during the pandemic. Trustees & volunteers continue to telephone Carers periodically to ensure all is well – some just need to chat which helps to break up their days.



**Future plans:** We will continue to offer the meals to our people until we are able to open up the Groups again. We are poised ready to open the groups and fully prepared to do that as and when we are given the all clear to do so, hopefully meeting in person again in July.

**Contact:** [www.themasegroup.com](http://www.themasegroup.com) Daphne Sharp: [daphne.ssharp@ntlworld.com](mailto:daphne.ssharp@ntlworld.com) 01785 211140 or 07939 505455, Michael Creek [mcreek55@googlemail.com](mailto:mcreek55@googlemail.com) 01785 663596

**Staffordshire Connects entry:**

[https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=m\\_XVdfq2KpY](https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=m_XVdfq2KpY)

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**Name:** Help A Squaddie

**Description:** Charity based in Rugeley supporting ex military members and their families.

**Current offer:** Drop ins at Victory Church on Tuesdays and Saturdays in Rugeley for banter, breakfast, advice and support. Contact them for times and dates.

**Contact:** 0300 365 1332 [admin@helpasquaddie.org.uk](mailto:admin@helpasquaddie.org.uk) <http://www.helpasquaddie.org.uk/>

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**Name:** St Marys Friendship Club

**Description:** Friendship and social group

**Current offer:** Meeting at St Mary's Community Centre and Social Club, 113 Allport Street, Cannock, WS11 1JZ. First meeting back was Monday 12<sup>th</sup> July and they meet every two weeks. Cost is £3 per meeting.

**Contact:** James Flintham, Support Staffordshire 07956448718 [james.flintham@supportstaffordshire.org.uk](mailto:james.flintham@supportstaffordshire.org.uk)

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**Name:** Cannock Chase Shed

**Description:** Part of the international Shed movement. Open to men and women. Set up in 2019 in Cannock and currently based at the Museum of Cannock Chase with use of a large garage there that has been turned into a workshop. Working with local community groups successfully producing practical items.

**Current offer:** Weekly drop in Zoom meetings. Telephone call list, keeping people in touch.

**Future plans:** Plan is on Mondays 14<sup>th</sup> & 21<sup>st</sup> June between 10am and 4pm members are invited to drop in for informal chats with the Committee and each other, socially distanced, outside the Shed. From Monday 28<sup>th</sup> June hopefully opening up indoors to members.

**Contact:** <https://cannockchaseshed.org.uk/>

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=4jApObLYzXE>

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**Name:** Diabetes UK

**Description:** Peer support groups for people living with diabetes in Rugeley and Hednesford.

**Current offer:** Monthly virtual meetings and updates sent to members on a regular basis.

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=tThZt2R-jxs>

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**Name:** MS Society

**Description:** We have a local group in Cannock and they run a monthly social drop in with talks that would normally take place on the second Monday of every month at St Luke's Church Centre in Cannock. However, that drop in is not running at the moment, but we are looking to support our volunteers to get their face to face services re-opened later in the year.

**Current offer:** Our befriending service is one of our nationally offered activities run by our Helpline Team. This is available to anyone affected by MS and people can self-refer, just by calling our Helpline number and asking for our Keep in Touch service. However this service is only running until the end of March.

**Contact:** Helpline number 0808 800 8000

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=XJYs7y6uC6I>

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**Name:** Alzheimer's UK

**Description:** The 'Dementia Support Service' service provides one-to-one support to people with dementia, carers and family members and is unique to your personal circumstances and needs. Dementia advisors will provide you with information and practical support to help you understand more about dementia, and how to live well with the condition.

**Current offer:** A great way to help the wellbeing and confidence of people living with dementia is through the 'Singing for the Brain' group activity. The stimulating session is provided by the Dementia Adviser service and can now be accessed virtually during Covid 19. The sessions are aimed at people living with dementia and their carers.

**Contact:** Please call 01543 573936 and leave a message. Alternatively if you require immediate advice please contact Dementia Connect tel 0333 150 3456

**Staffordshire Connects entry:**

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=MvZ43GgLYBI>

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**Name:** Cannock Branch Versus Arthritis

**Description:** Local support group for people living with arthritis.

**Current offer:** We are running our online physio sessions on a Thursday between 5 and 6pm and these are free of charge.

**Future plans:** We normally hold meetings on the first Saturday of the month from 10am to 12 in the conference room at Cannock Chase Hospital. Weekly exercise sessions are held in the gym at Cannock Chase Hospital every Tuesday evening from 5 to 6pm. Hydrotherapy sessions are held fortnightly on Wednesday in the hydro pool at Cannock Chase Hospital from 4:30 to 6pm.

Obviously these activities are suspended at the moment and we don't know when we will be able to restart, we are hoping for the end of the year but it might be into next year.

**Contact:** Phone 01922 331983 Email [enquiries@versusarthritis.org](mailto:enquiries@versusarthritis.org) Website <https://www.versusarthritis.org/in-your-area/in-your-area-search-results/cannock/>

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## Church/faith groups

**Name:** Salvation Army

**Description:** Church and space for activities and community groups at their bases at Walhouse Street in Cannock and in Anglesey Street in Hednesford.

**Current offer:** We have a large community already which we are sustaining through this time in befriending and tackling the loneliness problem. The leaders of regular groups have kept in touch with around 250 people of all ages. This has included Zoom sessions etc. Working with Foodbank and operated a School uniform bank and supporting members and people in the community.

**Contact:** <https://www.salvationarmy.org.uk/cannock> <https://www.salvationarmy.org.uk/hednesford>

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## Nationwide

**Name:** Age UK

**Current offer:** National telephone befriending service and digital offer  
<https://www.ageuk.org.uk/staffordshire/our-services/day-opportunities/digital/>

**Staffordshire Connects entry:**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=3rKHMIX1DPE>

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**Name:** ReEngage

**Description:** Befriending and social groups

**Current offer:** Must live alone/live in sheltered housing and be over the age of 75  
<https://www.reengage.org.uk/>

**Staffordshire Connects entry:**  
<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=N9MhV7nFdDk>

**Name:** The Silver Line

**Description:** Helpline for older people.

**Current offer:** <https://www.thesilverline.org.uk/>

**Staffordshire Connects entry:**

[https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=ob4xQdBly\\_Q](https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=ob4xQdBly_Q)

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The information in this document will be updated and the latest version can be found by following the link:

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Information is for guidance and is not an endorsement of any particular service.