

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

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

07956 441395 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, 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

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). In person and face to face groups have restarted.

Contact: Telephone 03330 050095 E-mail 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>

EH Staffordshire Physical Activity Timetable



MON	TUE	WED	THU	FRI
Health Walks Lichfield 11.00-12.00	Avon Business Centre, Cannock 09:00 - 12:00	Health Walks Tamworth 11.00-12.00	Health Walks Tamworth, 11.00-12.00 Stafford, 11.30-12.30	C25k with Emma (10.30-11.30)
Aerobics with Emma (via Zoom) 10.00-11.00	Frank Jordan Centre Stone 09:00 - 12:00	Waterside Community Centre, Burton 13.00-14.00	HIIT with Emma (via Zoom) 14.00-15.00	Perton Civic Centre, Perton 09:00 - 12:00
	Health Walks Cannock 11:30 - 12:30	Chair Based Exercises with Alex (via Zoom) 14.00-15.00	Boxercise with Emma (via Zoom) 18.00-19.00	Health Walks Perton 12:30 - 13:30
Free 12 week Gym Pass Coming Soon!				Fall Prevention Coming Soon!

Not sure which class you would like to start with?

Your Physical Activity Specialist will be able to help you select the most appropriate session after your first appointment.

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.

Contact: Lesley Bovington 07704 485332 | lesley.bovington@tctogether.org.uk | BPT Social Media @BPTatHome | www.bringingpeopletogether.org.uk

Staffordshire Connects entry:

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

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 | <http://carersinformation.org.uk/>

Staffordshire Connects entry:

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

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> [Staffordshire Libraries](#) | [Facebook](#) | [Staffs Libraries \(@StaffsLibraries\)](#) / [Twitter](#)

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, 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>

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. 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. Inclusive cycling is available at the Chase Leisure Centre and a friendly Allotment group at the Stadium allotments in Chadsmoor.

Contact: Gez Hill Gerard.Hill@ihlmail.org Facebook/Twitter @ihlcannockchase

Staffordshire Connects entry:

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

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

Staffordshire Connects entry:

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

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). Bringing groups back together socially and enabling the sharing of resources as well as being in the same place together, breaking down the fear and encouraging people.

Contact: Telephone 0300 111 8000 E-mail cannock.library@staffordshire.gov.uk

Staffordshire Connects entry:

https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=DZDnRC_QTbI

Name: Places Of Welcome

Description: Places of Welcome is a growing network of local community groups providing their neighbourhoods with places where all people feel safe to connect, belong and contribute. Free to enter and refreshments are provided as well as conversation and a warm welcome.

Current offer: More opening and reopening across the district.

Contact: <https://www.placesofwelcome.org.uk/> or <https://tctogether.org.uk/initiatives/pow> - if you scroll down there is a re-opening section at the bottom of the page.

Staffordshire Connects entry:

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

Social Prescribing

Description: Has been around for over 18 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: 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.

Preet Chandy, Cannock North PCN - Chadsmoor Medical Practice, The Colliery Practice, Moss Street.

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

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

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. Updated WOW (What's On Where in Rugeley) available to view online as a searchable tool as well as the new WOW lite leaflet. 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

Staffordshire Connects entry:

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=6B2ElwXNg68>

Name: Crafting Communities at Rugeley Library

Description: Do you enjoy making things? Would you like to meet with others, have a chat & explore creative ways to reach out to people in your community?

Current offer: We are getting together in your local library to do some crafting for fun & explore ways we can connect with others through crafting. All activities are free & everyone is welcome to come along, get creative, have a go at making, have a chat & connect with others in a safe & friendly space.

Creative Hub at Rugeley Library Weekly sessions for craft makers, creative citizens or anyone wanting to attend regular creative sessions as part of an ongoing programme. Aimed at adults – all abilities welcome.

Fridays 1pm – 3pm FREE Adult Creative Activities

Boost your wellbeing by taking an hour out of your daily routine just for you— to get creative! Have a go at experimenting with different creative techniques including; print, collage, drawing and making wire sculptures with our friendly resident artist & Illustrator Ruth Allen. **To suit adults of all abilities – Parents with pre-school children welcome**

Tuesdays 2.30pm – 3.30pm

9th, 16th, 23rd November

FREE Creative Activities for Families

Weekly fun Children’s Arts & Craft Activities. Have a go at experimenting with different creative techniques including; print, collage, drawing and making wire sculptures with our friendly resident artist & Illustrator Ruth Allen. **To suit children of all abilities – aimed at ages 5-12 accompanied by an adult**

Tuesday 3.45pm – 4.45pm

9th, 16th, 23rd November

Contact: To attend any of the above sessions, please call the library to book a place as spaces will be limited. Telephone 01889 869063 or pop in and book at the desk.

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. 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 website <http://www.cherishers.co.uk/>

Staffordshire Connects entry:

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

Name: Rugeley Supportive Neighbours

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

Contact: Telephone 07902 193861

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>

Heath Hayes

Name: Cherished Community Cafe

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. "Lunch Bunch" lunch club on a Tuesday for two course meal and bingo. 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

Name: Five Ways Strollers & Five Ways Ramblers

Description: Friendly walking groups for short walks around Heath Hayes and longer walks across Cannock Chase. Five Ways Strollers meet on Tuesday mornings. A gentle stroll round the village followed by refreshments. We're a very friendly bunch, so why not join us and make new friends. Five Ways Ramblers do longer walks and meet on (not every) Sunday mornings on the Fiveways Inn carpark at 10am.

Contact: Facebook group <https://www.facebook.com/groups/489079118872264> or for details contact James Flintham, Support Staffordshire 07956448718 james.flintham@supportstaffordshire.org.uk

Name: Heath Hayes Welcome Club

Description: Thursday afternoon friendship club between 1pm and 3pm. Just £2 entry for refreshments a natter and bingo.

Contact: Facebook page <https://www.facebook.com/Heath-Hayes-Welcome-Club-103480228746692> or for details contact James Flintham, Support Staffordshire 07956448718 james.flintham@supportstaffordshire.org.uk

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

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

Support Groups

Name: MASE (Monthly Alzheimer's Support Evenings)

Description: The monthly MASE Groups offer the hand of friendship and support to Carers and their cared for with Alzheimer's/Dementia and have been running entirely with volunteers for over 12 years. There is no charge to attend but donations can be made. Transport can also be provided to bring Carers and the card for to the groups. MASE groups provide support and information for those affected by dementia, bringing together people with dementia, their family and carers.

Cannock, St Luke's Church Hall WS11 1DE - first Monday of the month 1pm to 3pm

Haughton, Haughton Village Hall ST18 9EZ - second Thursday of the month 7pm to 9pm

Rugeley, The Davy Room, Lea Hall Club WS15 2LB - third Friday of the month 7pm to 9pm

Hednesford, Staffordshire University Academy - the last Thursday of the month 7pm to 9pm

The MASE offers hope and encouragement to lonely and sometimes desperate Carers. New people attending can be sure a warm welcome will always await them.

Contact: www.themasegroup.com Daphne Sharp: daphne.ssharp@ntlworld.com 01785 211140 or 07939 505455, Michael Creek mcreek55@googlemail.com 01785 663596

Staffordshire Connects entry:

https://www.staffordshireconnects.info/kb5/staffordshire/directory/service.page?id=m_XVdfq2KpY

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 <http://www.helpasquaddie.org.uk/>

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 12th July and they meet every two weeks. Cost is £3 per meeting.

Contact: James Flintham, Support Staffordshire 07956448718 james.flintham@supportstaffordshire.org.uk

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: Meeting again in person, please contact for details.

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

Staffordshire Connects entry:

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

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>

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>

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>

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. 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 Website

<https://www.versusarthritis.org/in-your-area/in-your-area-search-results/cannock/>

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: At the Hednesford Church there is a Community Café and Community Table running on Tuesday 2 to 5pm, Wednesday 2 to 7pm, Thursday 2pm to 5pm. Pay as you feel donation. The Connections group runs 2nd and 4th Tuesday of the month between 10am and 12 and is a friendship group. They work with Foodbank and operated a School uniform bank and are supporting members and people in the community.

Contact: <https://www.salvationarmy.org.uk/cannock> <https://www.salvationarmy.org.uk/hednesford>
Hednesford@salvation.org.uk

Name: Trinity Methodist Church, Hednesford

Description: Church and space for activities and community groups

Current offer: The Haven group meets each Tuesday, Wednesday, Thursday and Friday as a safe space run by volunteers for a cup of tea and chat and activity. It runs from 10am until 12. Tuesday they do knitting, Wednesday it's jigsaws, Thursday nothing at the moment and Friday is flower arranging for the Church.

Contact: James Flintham, Support Staffordshire 07956448718 james.flintham@supportstaffordshire.org.uk

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>

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

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

[VCSEsupportinCannock.uk](https://www.vcse-support-in-cannock.org.uk)

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