

WOW

*your guide to
what's on where*

Rugeley!

Lite edition
2021

This is a list of key contacts and agencies to help you if you are feeling low or struggling to cope. You are not alone, there is help out there and you can get through this if you reach out.

Advice

Citizens Advice Bureau

Free, confidential advice, including debt & money, welfare & benefits, housing, employment, family & relationships, consumer issues, legal issues and discrimination.

03444 111 444

Food

Rugeley Foodbank

Free twice-weekly service for people in crisis who need food.

07528 447504

Local help

Rugeley Supportive Neighbours

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

07902 193861

Brereton Million Community Support

Brereton volunteer support with food shopping, prescription delivery, telephone befriending, pen pals, activity packs.

07837 309697

Families

Families Health & Wellbeing Service

Health and wellbeing support for children & families, including health visiting and school nursing. Also have text number for young people for support on anything to do with life, relationships, health and wellbeing.

0300 303 3924 (children and families)

07520 615721 (text number for young people)

Carers

CASS the Carers Association

Confidential advice, information and emotional support for Carers of any age who are looking after a friend or relative.

01785 606675

Bereavement

St Giles Hospice Bereavement Help Point

Free weekly drop-in session for anyone experiencing or have experienced bereavement (regardless of how long ago).

01543 434536

Mental health and wellbeing Staffordshire & Stoke-on-Trent Wellbeing Service

Support for physical and mental wellbeing, including depression, anxiety, stress, chronic fatigue, sexual problems and long-term physical conditions.

0300 303 0923

Staffordshire Mental Health Helpline

Free, 7pm - 2am weekdays, 2pm - 2am weekends, 365 days a year.

0808 800 2234

Staffordshire Recovery Hub

Help with mental health issues, breaking down the barriers preventing you from living a fulfilled and independent life.

01543 223210

Changing Room Counselling Service

Free counselling service for bereavement, anxiety and depression.

07591 257737

Samaritans

Whatever you're going through, a Samaritan will face it with you. No judgement, no pressure, Samaritans are there for anyone who needs someone. Helpline open 24 hours a day, 365 days a year.

116 123

Drug and alcohol support Staffordshire Treatment and Recovery Service (STARS)

Support for cutting down or stopping drug and alcohol use.

01785 270080

Domestic and sexual abuse New Era

Help for anyone affected by domestic abuse.

0300 303 3778 (24-hour helpline)

Always dial 999 in an emergency and press 55 to let the operator know if you can't talk.

Survive

Sexual assault and abuse service providing a free, non-judgemental and confidential service for adults, children and close family members/significant others who have been affected by sexual assault or abuse at any point during their lives.

0300 330 5959 (24-hour helpline)

Always dial 999 in an emergency and press 55 to let the operator know if you can't talk.

This flyer has been compiled by Rugeley Community Church as part of showing God's love to our community. To find out if there is anything else we can help you with call 01889 579341.

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www.rugeleycc.org.uk