

## **Signposting for parents and carers**



## Domestic Abuse

Having doubts about your relationship? Feeling threatened or unsafe? Concerned about your own behaviour? Worried about a friend or relative?



If you or your children are experiencing or witnessing domestic abuse, you can click the links below to contact 'My CWA' or the Domestic Abuse Hub.

<https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx>

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



## Get in touch

**Call the Cheshire East Domestic Abuse Hub on 0300 123 5101.**

**Dial 999 if you've been threatened or attacked and require urgent assistance.**

**Visit us: Lily Jones Support Centre, Mill House, Brook St,  
Crewe CW2 7DE**



Ruby's is an award-winning charity supporting children and young people aged 0-18 years old with Special Educational Needs and Disabilities (SEND) and their families and carers in Cheshire East. Ruby's have a dedicated team of staff and volunteers, who are equipped with a wide range of knowledge, expertise and lived experience. They offer coordinated support and action to improve the quality of life and wellbeing to individuals and groups in Cheshire East with some of the most vulnerable and complex needs.

Other support includes:

**Peer support** - Linking families and children together to form support networks (offer sessions for children with SEND, siblings, parent carers and families).

**Short breaks 0-8 years** - Ruby's is commissioned by Cheshire East Council to offer short breaks for children aged 0-8 years with SEND (subject to a needs-based assessment).

**Mobile sensory bus** - This is a fully accessible mobile sensory centre with bubble tube, fibre optics, projector and tactile wall and floor panels.

**Sensory Resources** - They have created a sensory resource library and a training programme called Sensory Detectives which we use to support parents of children with emerging sensory processing differences.

<https://www.rubysfund.co.uk/get-support/>

# Young Carers



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. These support services are designed to help Carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a Carers own health and wellbeing. Support could include:

- 1-2-1 or group based support
- Peer support
- Support to take a break
- Information, advice and guidance
- Support to access community, health and wellbeing services
- Access to activities, training, living well fund and much more.

**Website:**

[www.cheshireeastcarershub.co.uk](http://www.cheshireeastcarershub.co.uk)

**Telephone:**

0300 303 0208 (calls charged at local rates)

**Email:**

[enquiries@cheshireeastcarershub.co.uk](mailto:enquiries@cheshireeastcarershub.co.uk)

<https://livewellservices.cheshireeast.gov.uk/Services/4387/Cheshire-East-Carers>

### Gingerbread's free services for single parents

Meet other single mums and dads on our online forum or in our local and digital groups. If you need advice, our information pages, webchat and helpline provide expert guidance on a wide range of topics.

<https://www.gingerbread.org.uk/talk-to-us/> to access the webchat

Helpline: 0808 802 0925

### Do you need urgent support?

Are you feeling anxious, worried or overwhelmed? Text the word GINGER to 85258 at any time of day or night and talk to a trained volunteer who will work with you to take your next steps towards feeling better.

The service is free and confidential, and won't show up on your phone bill.

## Start Well

We are committed to providing an excellent service for children and families. It is our belief that every child deserves the opportunity to have the best start in life. Furthermore, we understand the pressures on family lives and have designed appropriate interventions to offer support to families from across the whole of our community.

Through consultation we have developed a Children & Families service that provides a range of different sessions.

Our Children & Families Hub in the heart of Crewe town centre is the home of our Start Well provision. However, we also offer outreach programmes across south Cheshire.

- Parenting Programmes (with crèche if required)
- Parents & Tots Sessions
- Social Activities
- Relationship Building Courses
- Outings & Activities for Families
- One to One Advice
- Family Drop-In sessions
- Youth Clubs
- School Holiday Clubs
- Pop Up Parks Programmes
- Youth Voice Programme

For more information on our Children and Families service, please contact the team on 01270 256919.

**Mabyn Meredith – Head of Children & Families (Start Well):** [mabyn.meredith@wishingwellproject.net](mailto:mabyn.meredith@wishingwellproject.net)



Support offered:

Furniture – collected and received donations of furniture from our community. From these collections, we supply hundreds of items of furniture every year to local households, free of charge, or at a low cost.

Cycle workshop-

Further support accessed via referrals – see links for further information about how to get referred:

Foodbank - <https://www.stpaulscentre.org.uk/food>

Free footwear for school aged children - <https://www.stpaulscentre.org.uk/shoes>

Extra Miles - Hospital to Home Support service provides practical support for vulnerable people leaving hospital. <https://www.stpaulscentre.org.uk/extramiles>

## **Other local support:**

### **Carers Support Group (Crewe & Nantwich)**

56 Heathfield Road  
Audlem  
Crewe, Cheshire  
CW3 0HH  
Tel: 01270 811202

We provide information, advice and support to all unpaid Carers across Cheshire.

### **Central Cheshire Alcohol Services**

2nd Floor Breeden House  
Edleston Road  
CREWE, Cheshire  
CW2 7EA  
Tel: 01270 580243

Services Offered include: Alcohol advice, information and counselling service, access to detoxification. Our service covers the Crewe and Nantwich and Vale Royal areas.

### **Central Cheshire Drugs Service (Crewe)**

Catherine House  
Eaton Street, CREWE  
CW2 7EG  
Tel: 01270 216118

### **Central Cheshire Mental Health Forum**

Voluntary Action Centre  
11 Hope Street  
SANDBACH, Cheshire CW11 1BA  
Tel: 01270 750081  
Email: [ccmhf@hotmail.com](mailto:ccmhf@hotmail.com)

A multi-disciplinary/user/carer forum which aims to promote better services and to encourage joint working.

### **Central Cheshire Stop Smoking Service**

FREEPHONE – 0800 085 8818



## Cheshire Academy Special Needs Gymnastics Club

Cheshire Academy

Macon Way

CREWE, Cheshire

CW1 6DR

Tel: 01270 255355

Email: [rhythmicgymnastics@disabilitysport.com](mailto:rhythmicgymnastics@disabilitysport.com)

Rhythmic gymnasts use various pieces of hand apparatus such as hoops, ropes, balls and ribbons

## Citizen's Advice Bureau

Crewe Office

50 Victoria Street,

CW1 2JE

Tel: 08444 111 444

Nantwich Office

The Gables

Beam Street

CW5 5NF

Tel: 08444 111 444

Website: [Citizen's Advice Bureau](#)

Email: [advice@cecab.org.uk](mailto:advice@cecab.org.uk)

Last year we helped 1.9 million people through our Citizens Advice Bureaux.

## CLASP

c/o West Street Baptist Church

West Street, Crewe, Cheshire

CW1 3HE

Tel: 01270 250629

Email: [s-cheshire@clasp.fsnet.co.uk](mailto:s-cheshire@clasp.fsnet.co.uk)

Website: [CLASP](#)

Carers provide ongoing support to a relative, friend or neighbour who, due to ill health, long term condition or disability cannot manage without their help.

## **NSPCC**

Rainbow House  
36-38 Smith Grove, CREWE, Cheshire CW1 3NB  
Tel: 01270 588399

## **RELATE (South Cheshire)**

Imperial Chambers  
Prince Albert Street  
CREWE, Cheshire CW1 2DX  
Tel: 0870 240246

## **Samaritans (Crewe)**

2 Hall O'Shaw Street  
CREWE, Cheshire, CW1 4AE  
Tel: 01270 216 666

Website: [Samaritans Website](#)

## **SOBS (Survivors of Bereavement by Suicide)**

14-18 West Bar Green  
CREWE, Cheshire  
Tel: 01270 652061  
Email: [sobs.admin@carer4free.net](mailto:sobs.admin@carer4free.net)  
Website: [SOBS \(Survivors of Bereavement by Suicide\)](#)

## **Wishing Well**

Tel: 01270 256919  
Email: [support@wishingwellproject.net](mailto:support@wishingwellproject.net)

## **Women's Aid (Crewe)**

PO Box 158  
CREWE, Cheshire  
Tel: 01270 250390  
Email: [cwa@pob-uk.net](mailto:cwa@pob-uk.net)