



Neurodiversityweek.com

Staffordshire Connects
Contains a searchable database to help you to find help and support in your community
www.staffordshireconnects.info

Dyslexia
Resources:
Dyslexia Association of Staffordshire offer 4 core services to anyone with dyslexia or an interest in it: Information and advice, Testing, Tuition, Training
Tel: 01782 86 97 91
das@dyslexiastaffordshire.co.uk

ADHD
ADHD Pirates:
Online Resources
www.ADHDpirates.co.uk

Autism
Signposting
Staffordshire Adult's Autistic Society:
Autism Groups, socialising. Staffordshire, 17 years+
www.saascharity.org
Lifeworks:
Lifeworks supports Neurodiverse people and their carers to find a sustainable lifestyle. 14+
lifeworksstaffordshire.org.uk

Apps
Tappy:
Deep Breathing, Relaxation and Fidgets **Free App**
Support
Community Together CIC:
Provides form filling services as well as buddy services.
www.communitytogethercic.org.uk

Support Staffordshire Directory
Support Staffordshire keeps the information groups and organisations share in their Members database and promotes it on the VCSE Directory, Find a searchable database on:



www.supportstaffordshire.org.uk

Citizens Advice:
Help and advice services
www.citizensadvice.org.uk

Finances and Debt

Betterway:
For people, their family and friends experiencing or facing addiction or substance abuse
www.betterwayrecovery.org.uk
Dilemma:
Support for families
dilemacharity@gmail.com

Addiction

Read Easy:
For those who Struggle to Read and want to learn.
readeasy.org.uk
Access to work:
<https://www.gov.uk/access-to-work>

Employability

Cherishers:
Provide equal employment opportunities for those who are unemployed and have barriers to normal employment opportunities.
www.cherishers.co.uk



Training
Community Learning Service:
Learn skills for life
StaffordshireCommunitylearning.org.uk
Wellbeing Recovery College:
www.recovery.mpft.nhs.uk
Support Staffordshire:
supportstaffordshire.org.uk
Caudwell Children:
Employability and life skills training programme. 16 - 25 Years
Employability@caudwellchildren.com

Advocacy
Asist:
Advocacy service in Staffordshire
staffordshirereferrals@asist.co.uk
www.asist.co.uk

Learning Disabilities



Mental Health



Signposting

Staffordshire Network for Mental Health:
Adults Mental health and Wellbeing service that covers Staffordshire,
www.snmfh.org
Gamers Wellbeing
Inclusive social gatherings with games for adults who are affected by social isolation and anxiety 18+
gamerswellbeing@gmail.com

Telephone

If you have any concerns about your mental health, Contact your GP or call the following numbers:
Samaritans: 116 123
No Panic Helpline: 0844 967 4848
Mental Health Helpline: 0808 800 2234

Apps

Big White Wall:
Online community for people feeling stressed, anxious or low. **Free App**
BlueIce:
App designed to help young people manage emotions and reduce self harm urges. **Free App**
Silver Clouds:
Online course to help you manage stress, anxiety and depression
Free App

Signposting

Milestonez:
A service for young adults with mild to moderate learning disabilities, 19-30 years, in Norton Canes
www.facebook.com/MilestonezUK
Liberty:
Opportunities for adults with learning and physical barriers in Staffordshire, up to 35 years.
www.libertyjamboree.co.uk

Social Prescribers
If you have a problem that is non-medical, Social Prescribing can be a way to help you. By connecting/linking you to the most appropriate support in the community.
Please ask at your **GP practice to be referred** to your Social Prescriber

Volunteering

is one of the most rewarding things you can do. Join thousands of people who give a little and gain a lot.

Anyone can Volunteer regardless of age, skills and abilities. At Support Staffordshire we can help get you started!

There are many benefits to volunteering, you can:

- Improve your physical and mental wellbeing.
- Support a cause your passionate about.
- Gain new Skills, Experience and interests
- Improve self-confidence
- Meet new people.

We can also offer training and support to ensure you get the most out of your volunteering experience



Get in touch now!

t: 0300 777 1207

@SupportStaffs

e: volunteering@supportstaffordshire.org.uk

www.supportstaffordshire.org.uk

****Volunteer Buddy Service****
The bridge to the help needed

What is the purpose of the Volunteer Buddy Service?

- Reducing feelings of loneliness & social isolation
- Feeling more connected to local communities
- Improving mental and physical wellbeing
- Feeling safe & confident
- Increase in volunteering
- Increase in use of local transport (**Travel Training**)
- Increased use of digital technology as an enabler
- Help individuals living in rural areas with pockets of poor health overcome barriers
- Empower the individual to develop the confidence and skills to attend assets in their local community without direct assistance



****Volunteering opportunities!:****

Volunteer Buddies

Will be helping local people feel less lonely and isolated by connecting them with social opportunities within their community.

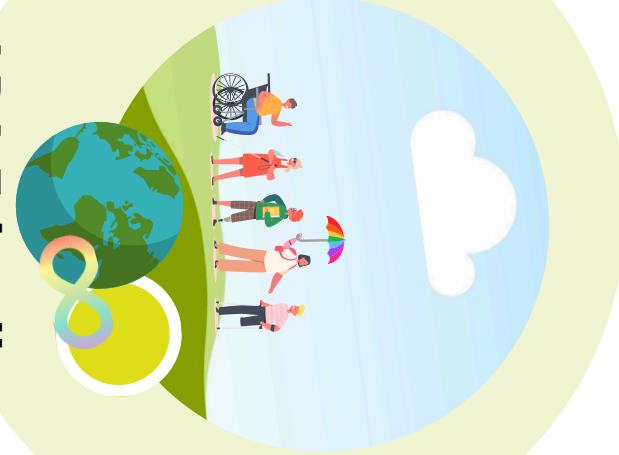


To find out more for **accessing the service** or **volunteering** contact Kim Hobbs: kim.hobbs@supportstaffordshire.org.uk



If you have any trouble reading or navigating this please use the contact details below for assistance.
e: katie.johnson@supportstaffordshire.org.uk
t: 07519701926

LDA Friendly



Support and Guidance
For individuals with learning disabilities and autism, social isolation can lead to feeling unheard. These resources aim to empower individuals to voice their needs and seek the assistance they need...

(enquiries@healthwatchstaffordshire.co.uk)
Tel: 0800 051 8371)

If you live within the Staffordshire County Council area,

then you should contact the Staffordshire team

Healthwatch have 'Enter and View' legal powers to talk to patients in places they receive care. These powers ensure that NHS leaders and other decision makers listen to your feedback and work to improve standards of care.

Whilst Healthwatch cannot take on individual cases we can signpost to organisations who can. We can also signpost you to find reliable and trustworthy advice and information.

We **investigate any areas of concern** and highlight any issues and possible resolutions.

Healthwatch **listen to your concerns** and records them. We gather and arrange the information we get and use it to find patterns and common trends.

If you use health services or social care, we want to hear about your experiences.

'A world where we can all get the health and care we need'
'To make sure people's experiences help make health and care better'.