



**Staffordshire and
Stoke-on-Trent**
Integrated Care System

Neuroinclusive signposting and support in Staffordshire and Stoke-on-Trent

Information up to date as of March 2026



Addiction

- **Betterway:** For people, their family and friends experiencing or facing addiction or substance abuse. [Visit the Betterway recovery website](#) for more information.
- **Dilemma:** Support for families. Contact Dilemma for more information via email: dilemmacharity@gmail.com
- **Against The Odds:** Support for those with a gambling addiction. Contact Against The Odds for more information via email: aaron@againsttheodds.com
- **BAC O'Connor:** A long-established drug and alcohol rehabilitation service in Staffordshire, providing person-centred support for people with substance dependency. It offers inpatient detoxification, residential rehabilitation, semi-independent recovery housing, and community-based recovery services, with flexible pathways tailored to individual recovery needs. Visit the [BAC O'Connor website](#) for more information.

Learning Disabilities

- **Cherry Orchard garden Services CIC (COGS):** This service provides day opportunity for adults with learning disabilities from age 18 upwards. Activities include gardening, woodwork, cooking and academic classes for Maths/English/IT. Visit the [Cherry Orchard Garden Services website](#) to find out how to get involved.
- **Liberty:** Opportunities for adults with learning and physical barriers in Staffordshire, aged up to 35 years. Visit the [Liberty website](#) to find out more.
- **Rockspur CIC:** Codsall and Norton Canes Day Opportunities offering services to adults with care and support needs from 18 years. Structured community and building based sessions, day trips and supported holidays. [Visit the website](#) for more information or contact: nick.morris@rockspur-house.co.uk / 01902 846179
- **Project Indi:** Based in Stoke-on-Trent, they provide people-led safe places and spaces in Staffordshire where vulnerable adults and children can connect, inspire, and thrive through groups, workshops and activities. Visit the [Project Indi website](#) to find out more.
- **Inter Theatre:** Integrated choir and drama sessions working on all areas of performance and the skill needed. Sessions in Tamworth and Lichfield, open to adults with physical and learning disabilities as well as neurodivergence. Find out more on the [Inter Theatre website](#).
- **Chuckle production:** A non-profit CIC based in Stone, Staffordshire, who work with children and adults with additional needs/learning disabilities, ranging from age 5 to adulthood. Chuckle offers a diverse programme so everyone can shine, no matter what challenges they face. Visit the [Chuckle Production webpage](#) for more information.

Autism

- **Staffordshire Adult's Autistic Society:** Autism Groups, Socialising. Staffordshire, Age 17 years and above. Visit the [Staffordshire Adult's Autistic Society website](#) for more information.
- **BLAST:** Support and workshops and events for individuals and family's navigating Autism. For more information about this service, visit the [BLAST website](#).
- **Autism Pyramid Group:** Support children and families affected by Autism and co-occurring conditions. Group activities and stay and play ranging ages 0-16 years. Email: autismpyramidgroup@gmail.com
- **Lifeworks Staffordshire:** Supporting people aged 14+ in North Staffordshire with Autism, ADHD, Dyspraxia, Tourette's Syndrome, and co-occurring mental health needs, along with their carers. Lifeworks goal is to empower people with an average or above IQ to achieve sustainable, fulfilling lifestyles. For more information, visit the [Lifeworks website](#).
- **Donkey E.A.R.S CIC:** This service offers a unique experience to visit and spend time with therapy donkeys to improve wellbeing and learning, providing bespoke packages for SEN learners, families experiencing difficulties and those dealing with long term health conditions. Visit the [Donkey EARS website](#) for more information or email: info@donkeyears.co.uk
- **Burton Elim Church Revive Support Group:** A peer-to-peer support group for parents of SEN children in central Burton. Visit [Burton Elim Church's website](#) for more information.
- **Heads Full of Bees:** A friendly, neuro-affirming space in Stafford for women over 40 with less common neurotypes. It's a place to connect, share interests, explore neuroidentity, and enjoy big thoughts and ideas together. Visit their [Facebook page](#) for more information.
- **Teen ASC Cannock:** A support group for teenagers with Autism in Cannock. The group promotes no pressure, no judgement - just friendship and a space to be you. Visit their [Facebook page](#) for more information.
- **Simpli.Life:** An Animal Assisted Therapy Farm, based near Ipstones in the Staffordshire Moorlands, created to provide therapy and nurturing for all, using a holistic approach to improve the quality of life through animals and nature. Visit the [Simpli.Life website](#) to find out more.

Employability

- **Cherishers:** Provides equal employment opportunities for those who are unemployed or experience barriers to employment opportunities. [Visit the Cherishers website](#).
- **Read Easy:** For those who struggle to read and want to learn, visit the [Read Easy website](#) for more information.

Money

- **Citizens Advice:** Help and advice services for any general queries. Visit the [Citizens Advice webpage](#) to search for more information around the advice you might need.
- **StepChange:** Step Change offers debt support, visit the [Step Change website](#) for more information.

Training

- **Support Staffordshire:** Offers various training. Visit [Support Staffordshire's website](#) to find out what's available.
- **Oliver McGowan Training:** Mandatory Autism and Learning Disabilities training for health. Find out more on the [Oliver McGowan website](#).
- **Neurodiversity In the workplace:** Provides training within the workplace with prices ranging from £25 per person. The training is CPD accredited with digital resources included. Visit the [Momentum training website](#) for more information or contact the organisation via email: mo.bury@momentumtraining.biz
- **Community Learning Service:** Learn skills for life. Visit the Staffordshire [Community Learning website](#) to find out more about this service.
- **Intertheatre:** Neurodiversity inclusion and understanding training. Contact this service for more information via email: steve@soulpath.info
- **VAST Training and Events:** Training and events in Stoke-On-Trent for VCSE Organisations. Visit the [VAST calendar](#) on their website to find all available events.

Dyslexia Resources

Dyslexia Association of Staffordshire: The Dyslexia Association offers four core services to anyone with dyslexia or an interest in it. Contact the organisation via telephone or email:

Telephone: 01782 869791 Email: das@dyslexiastaffordshire.co.uk

Mental Health

Apps:

- **Tappy:** Deep Breathing, Relaxation and Fidgets- [click to download the free Tappy app.](#)
- **Calm Harm:** To help manage emotions and reduce self-harm urges- [click to download the free Calm Harm app.](#)
- **Mind Shift:** Support to manage stress, anxiety and depression- [click to download the free Mind Shift app.](#)

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

Signposting:

- **Amparo:** If you have been bereaved or affected by suicide, you can call Amparo on **0330 088 9255** or visit the [Amparo service website](#).
- **Staffordshire Network for Mental Health:** Adults Mental health and Wellbeing service that covers Staffordshire. Visit the [Staffordshire Network for Mental Health website](#) for more information.
- **Burton and District Mind:** Mental Health counselling, crisis cafe, and projects across East Staffs, Lichfield District and Tamworth Borough. Visit [Burton Mind website](#) to find out more.
- **Gamers Wellbeing:** Inclusive social gatherings in Lichfield for adults aged 18+, with games for people who are affected by social isolation and anxiety. Email: gamerswellbeing@gmail.com
- **Parish of Berkswich:** Neuroinclusive Church Groups and opportunities to socialise, open to all, visit their [website](#) for more information.
- **Rethink Mental Illness:** A leading charity provider of mental health services in England aiming to bring about meaningful change to the health and social care system, the way society views mental illness, and to people's lives across the country. **For more information visit the [Rethink website](#).**
- **No Panic:** No Panic specialises in self-help recovery and our services include providing people with the skills they need to manage their condition and work towards recovery, enabling them to lead more fulfilled lives. Visit the [NoPanic website](#) for more information.

LGBTQ+

- **Project 93:** Project 93 provide holistic support to Staffordshire's LGBTQ+ and HIV communities through advocacy, accessible services, and a community building. For more information visit the [Project93 website](#).
- **SAGE:** SAGE is a Staffordshire-based charity that supports LGBT+ people, along with their families and friends. The charity aims to empower LGBT+ individuals to feel confident, supported, and able to play a full and active role in the communities they are part of. Find out more about SAGE on [their website](#).

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- **Community Together CIC Rainbow Connections:** Rainbow Connections is a volunteer-run, peer-led support group for the LGBTQIA+ community based in Tamworth and surrounding areas. A safe, inclusive, and supportive space where individuals of all identities and experiences feel welcomed, respected, and valued. For more information visit the [Rainbow Connections website](#).

Further support

- **Support Staffordshire Directory:** Support Staffordshire keeps the information shared by groups and organisations in their members database and promotes it on the VCSE Directory, which you can access by visiting the [Support Staffordshire website](#).
- **Stoke Community Directory:** A [searchable online database](#) to find help and support in Stoke-on-Trent.
- **Asist:** Advocacy service in Staffordshire. Visit the [Assist website](#) or [Staffordshire referrals webpage](#) to make a referral.
- **Access Card:** A card designed to communicating your access needs, costing £15 for three years. Visit the [Access Card website](#) for more information.
- **Staffordshire Connects:** Contains a searchable database to help you to find help and support in your community. Visit the [Staffordshire Connects website](#) and search for relevant support services.
- **Social Prescribers:** If you have a problem that is non-medical, Social Prescribing can be a way to help you by connecting you to the most appropriate support in the community. Please ask at your GP practice to be referred to your Social Prescriber.