Local Support for Families

Introduction

To enable us to work as a partnership, across all the schools in the Cornovii Trust, we have created a Local Offer Document.

As part of this document, there are resources and charities that we can signpost our families towards, if we believe families require additional support.

If you feel as though we are missing any charities / organisations that we can add to this document, please do not hesitate to contact either Suzanne Cliffe or Helen Potts.

Family Liaison Officers



As part of the Cornovii Trust, we have 2 Family Liaison Officers that work across the schools. Details of the officers are as follows:

Suzanne Cliffe - Nantwich Hub - 07949 265890 / 01270 625663 / suzanne.cliffe@brineleas.co.uk

Suzanne Covers:

Brine Leas School

Pear Tree Primary School

Stapeley Broad Lane Primary School

Audlem St James (C of E) school

Helen Potts - Alsager Hub - 07718 484026 / 01270 871100 / H.Potts@alsagerschool.org

Helen covers:

Alsager School

Alsager Highfields Primary School

Weston Village Primary School



Food Banks



If families are struggling with food for over the school holidays or in general, there are the below organisations which they can contact to help. Please click on the links, these will open in separate tabs.

Food Banks in the area

Nantwich - Food bank

Alsager - Food bank

Crewe - Food bank

Trussell Trust is a charitable organisation that can help families get emergency food vouchers.
Get emergency food | Trussell





The Bread and Butter Thing.

The website can be accessed here.

It allows families that are struggling to access food to register and be able to get around £35 worth of food for £8.50.

The local hub that families can access is Alsager. you have to sign up for the service by texting 07860 063 304 with your full name, postcode and the name of the hub you will be collecting from "ALSAGER"

Select the size of the order you want to receive: Families are £8.50 / Individuals are £5.00 or large families are £17. there are vegetarian option available too.

If you would like more information about being a member - please click here

The Wishing Well Project

The website can be accessed **here**

Their mission is to help the health and wellbeing of our community.

The wishing well project allows people of all ages to access community projects including hot food.

Community Projects

These are projects that run in the community to help families if help is required with meal times

Alsager

Tea on Tuesday at Christ Church – Tuesdays.

Dinner Hub at Wesley Place Church – Thursdays.

Free breakfast voucher available from Christ Church on Tuesday for a breakfast there on Monday mornings 8-10am.



PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE
Kids under 8 eat FREE daily, 12pm to 5pm

ASDA
Kids eat for £1 daily, with no adult spend

ASK ITALIAN
2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA
Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE
2 Kids Eat Free Breakfast with 1 paying adult

BILLS
Kids Eat Free weekdays until September 1st 2026

BREWDOG
1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE
Kids Eat FREE 12-4pm every day of the week

CHIQUITO
Kids eat free during all school holidays

COCONUT TREE
Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES
Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS
2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS
Kids eat for 88p this summer holidays

FRANKIE & BENNYS
Kids eat FREE during school holidays

FRANCO MANCIA
Kids eat FREE school holidays Mon-Thurs

FUTURE INNS
Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS
Kids under 10 eat FREE all day, every day

HARVESTER
Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE
Kids eat for 88p this summer holidays

IKEA
Kids get a meal from 95p daily from 11am

LAS IGUANAS
Kids under 12 eat FREE via the App

MARCO PIERRE WHITE
Kids under 12 Eat FREE daily with an adult spend

MORRISONS
Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM
Kids eat FREE with every £4 spend all day

PIZZA HUT
Kids Eat Free Every Day after 3pm

PREMIER INN
2 kids eat for free with 1 adult breakfast

PRETO
Kids up to age 10 eat free with 1 paying adult

PREZZO
Kids up to age 12 eat for £1 during half terms

PUREZZA
Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS
Kids eat for £1 on Wednesdays

SIZZLING PUBS
Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE
2 Kids Eat free breakfast daily with 1 paying adult

TESCO
Kids eat free every day this summer with a 65p spend

TGI FRIDAYS
Kids Eat Free until 6th September (Via App)

THE REAL GREEK
Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE
2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY
Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY
Kids eat free with every £15 adult spend via app

VILLAGE HOTELS
Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS
2 kids eat for FREE with 1 adult breakfast

YO! SUSHI
Kids eat free all day (weekdays) in school holidays

ZIZZI
Kids eat free via app during school holidays

Free School Meals



The Government has updated their plans for free school means, please see below if you think a family may be eligible for the new scheme

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Finances



The continuing Cost of Living Crisis is effecting families, but sometimes, added strains can be put of families, if for example, a parent / carer loses their job. At this time, they may not ask for help, but if you believe there may be financial struggles, there are the following organisations that can help.

Money Wellness is a Manchester based company that can support adults that are facing debt, it can discuss different debt solutions ranging from debt advise through to Bankruptcy: https://www.moneywellness.com/

Debt service is another company that can offer support with debt - www.uk-debtservice.co.uk

National Debt line - a National charity that can offer support to people living in debt - nationaldebtline.org / 0808 8084000

For self help guides, click on the link and this will give useful information about coping with losing your job, along with the stresses and strains that can come with this.

If our families feel as though they may not be receiving all the benefits that they are entitled to, we can signpost them to the following sites:

Child Benefit - More information

Universal Credit - More information

Housing benefit - More information

Disability Living allowance - More information

If you have a family that are in need of help and support about the risk of losing their home, advise them they can contact **Cheshire East** via this link

Gingerbread is a charitable organisation that help single parent families that are at risk of losing their home - More Information

There are also several links below that offer Grants for Children, who are affected by poverty, illness, neglect or have additional needs.

Cash for Kids - please click here for more information.

Children in Need offers grant funding - For more information about eligibility please click here

SEND Help UK Grants are another organisation that can help get grants for specific families - please click here for more information.

Uniform



Uniform is available from the following places -

BADGED - www.badged.co.uk

Schools-In Uniform shop - schoolsinuniform.co.uk

Smart Choice Uniform shop - Crewe Road, Alsager - Alsager School – Smart Choice Uniform

National School wear Centre - Hanley - Uniform

Schools Uniform and More - website - click here - , this covers all the primary schools in Nantwich. There is also a Shop in Nantwich - 54 Hospital St, Nantwich CW5 5RP

Brine Leas have launched their **Online Uniform** shop - this can be accessed here

Pre-loved uniform can be purchased from the following places:

Alsager community centre - Alsager Community Support | Our local volunteers offer free help and advice for local people | School Uniform

Sal's shoes, -Free Shoes for Children

Brine Leas Pre-Loved Uniform

• Pre-loved uniform is available to purchase from BL6 reception on a Tuesday, Wednesday and Thursday between 5 and 8p.m.

• Maximum price of any article is £5 - most under this price.

• Best if student attends - so that articles can be tried on - for fit

• Can be contacted by email: preloved.uniform@brineleas.co.uk

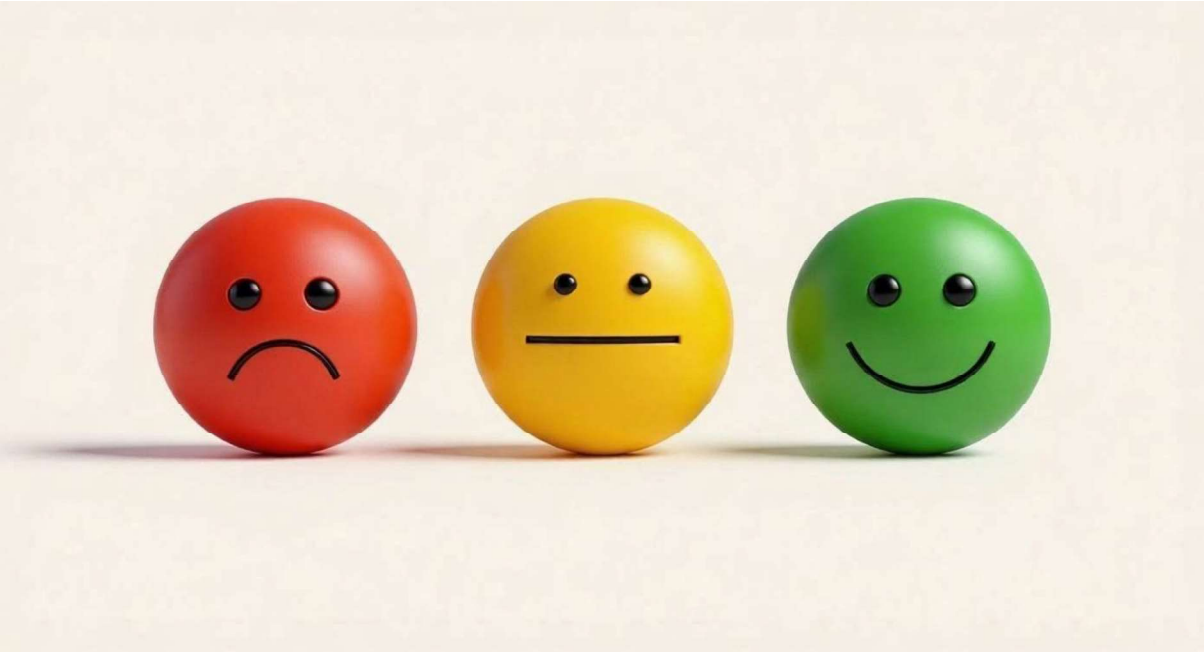
• Also by telephone: 07816 681 691



Her-Place- Crewe based women's charity - https://motherwellcheshirecio.com/our-services/motherwell-community-hub-and-laundrette/

If you are struggling to afford coats for children at school, Please click here

Health and Wellbeing



Children and young people can experience a range of emotions throughout their educational life. Below are a selection of the organisations that can support Children and young people to navigate difficult times:

Hub of Hope - this is the UK's largest mental health support directory Hub of Hope

Staffordshire Council offer a directory of help schemes that run in Staffordshire, the information can be accessed here

Define fine home - definefine

Hope for More - Charity based in Crewe Hope 4 More - Home

Young Minds - www.youngminds.org.uk

Self harm help -

Guidance for parents whose teenager is showing signs of depression: https://www.familylives.org.uk/advice/teenagers/health-wellbeing/teenage-depression

Papyrus - a national charity working towards the prevention of young suicide - Papyrus UK Suicide Prevention | Prevention of Young Suicide

Raising suicide awareness - 3 Dads Walking

Samaritans - https://www.samaritans.org/ messaging service 116 123 / email - jo@samaritan.org - this is a 24 hour reply service

Free parenting courses - Togetherness Free Parenting Courses - Use access code **WHEATSHEAF** to login to access free courses.

Parents can now refer directly into **CYPMHS (formally known as CAMHS**) - Request for help from Cheshire CYPMHS :: Cheshire and Wirral Partnership NHS Foundation Trust

SHOUT: Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text "shout" to 85258 https://giveusashout.org/ or you can text "YM" if the child i under 19.

Visyon A local charity that can help families navigate through mental health issues, parents can refer into them for their children - click here

Suicide Support - Offers training courses as support and research - Zero Suicide Alliance (ZSA)

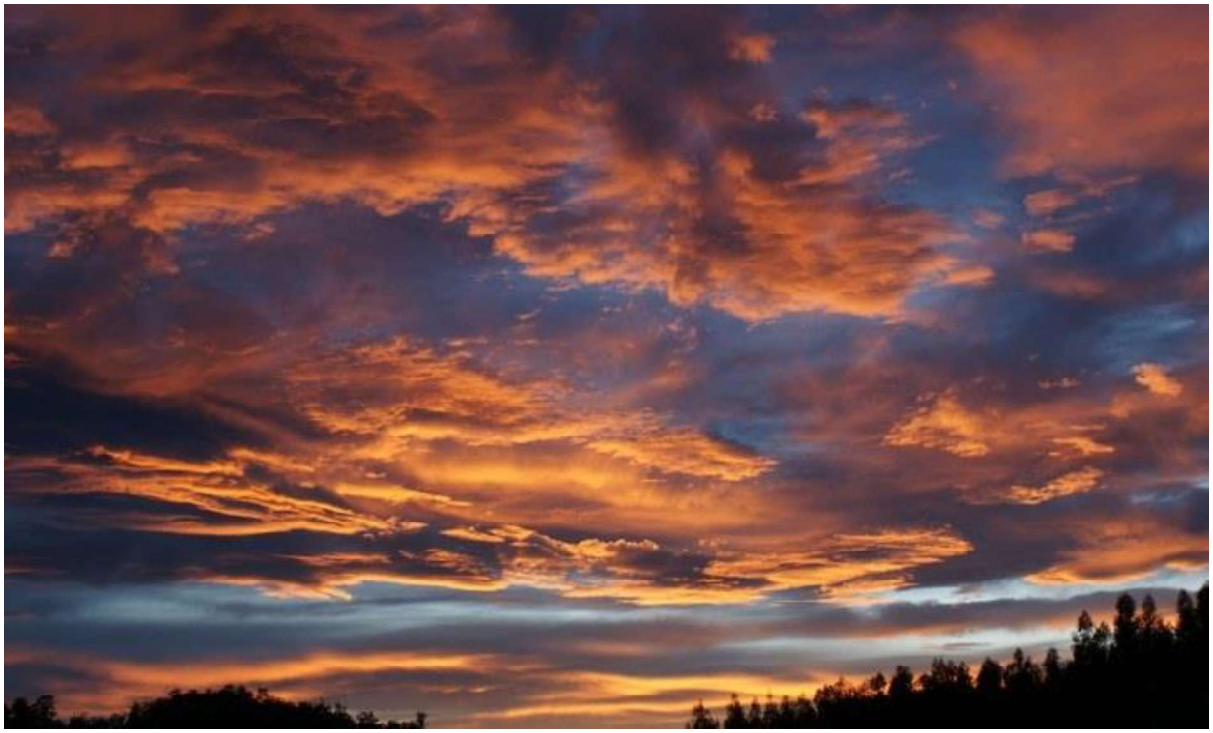
SANEline: Call 0300 304 7000 or click here

National Suicide Prevention Helpline: Call 0800 689 5652 or click here

CALM (Campaign Against Living Miserably): Call 0800 58 58 58 or Click here

Battle Scars is a local charity that is run by survivors of Self Harm. They provide easy-to-access services both for those who struggle with self-harm and for those who support them — including families, carers, friends, and professionals. Please click here

Bereavement



There are several organisations / charities in the area that can support bereaved families, some specialise with children, some can offer support for specific types of bereavement.

Winston's wishes and Child Bereavement have teamed up to create Child Bereavement UK- https://www.childbereavementuk.org/ Offers support and guidance to bereaved children, young people and families.

There is a wealth of reference and toolkit material for professionals to use and there is a referral form, that we can enter to signpost a family into the charity - the link to the referral form is here

Dove - https://thedoveservice.org.uk/children-and-young-people/

Loss by suicide -https://uksobs.com/ SOBS supports for those bereaved or affected by suicide through a helpline and a network of local support group. Helpline - 0300 111 5065 (Opening hours 09.00 - 21.00)

Email address: email.support@uksobs.org

Helping men deal with bereavement - UK Mens Bereavement Charity - StrongMen

Cruse Bereavement Care www.cruse.org.uk. Cruse supports people after losing someone close, their trained volunteers offer face to face, telephone and email support. Helpline - 0808 808 1677 (Opening hours - Monday and Friday 9.30 - 17.00, Tuesday, Wednesday Thursday 09.30 - 20.00, Saturday and Sunday 10.00 - 14.00)

Email address: helpline@cruse.org.uk

Coroner's Court Support Service - For support with inquests. support

Helpline 0300 111 2141 (Opening hours Monday - Friday 09.00 - 19.00, Saturday09.00 - 14.00)

Email address:

Papyrus - support PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Hopeline - 0800 068 4141 / Text - 07860 039 967.

Email: pat@papyrus-uk.org

Cheshire East and North Staffs Sands - A local support group who can offer emotional support and practical help if your baby has died during pregnancy, at birth or shortly afterward.

Details of current events or meetings can be seen on Facebook.

East Cheshire: Phone numbers - 07546 044676 / 07534 183867

email - cheshireeast_sands@yahoo.com

Website - www.cheshireeastsands.co.uk

North Staffs: Phone Number - 07504 081887 / 07580 858694

Email - staffordshire_sands@yahoo.com

Hope House Children's Hospice - Provide support to parents bereaved of a child, children bereaved of a sibling, children bereaved of a parent/parents (including those deaths which maybe sudden, unexpected and traumatic, ie, suicide)

Nant Lane Morda Near Owestry SY10 9BX.- Phone - 01691 671 999

Just Drop In Youth Info & Advice LTD - Is a free open access service offering support, guidance, advocacy and counselling to young people in Macclesfield. Trained volunteers create a friendly, encouraging and safe environment, with trained counsellors offering longer term or specialist support.

Drop in Service, free, walk-in support service for 12-25 year olds, no referral or appointment necessary. Open 6 days a week (except Sundays). Confidential counselling is available by appointment to anyone aged 12-25 years of age14

Duke Street, Macclesfield SK11 6UR- Phone - 01625 665079 Text: 07718 425405

Email - hello@justdropin.co.uk

Website - Just Drop In

St Luke's (Cheshire) Hospice - Young Persons Bereavement support Group – Phoenix Project (for ages 7-17 years)

Address: Grosvenor House, Queensway, Winsford. CW7 1BH. Phone - 01606 551246

Website - St Lukes Hospice

The Donna Louise Children's Hospice - Children and families bereavement support.

Address: 1 Grace Road, Trentham. Stoke on Trent ST4 8FN.

Phone - 01782654440

Elsie Ever After -Elsie Ever After supports bereaved families, it links existing services and plugs any gaps where support is lacking

Elsie Ever After

Hope Again -This is a Youth support website for Cruse Bereavement supports , It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. here

Daisy's Dream - provides support for children and young people who have been affected by bereavement, either supporting them in preparing for a loss or working with them following the death of someone important to them. Please click here for more information

Young Carers / Adult Carers



Alsager school holds an after school club for Young Carers every month from 3.15 - 4.30. This allows young carers to come along and do a variety of activities after school. It is a drop in service and its free of charge. Contact Helen Potts for more information.

Alsager school also have a drop in session every Monday at morning break - please see the posters around the school with more information.

Brine Leas School has started a Young Carers Club at Lunch on Week 1 in DG04. Contact Suzanne Cliffe for more information.

More guidance about being a young carer:

NHS guidelines - Being a young carer: your rights - Social care and support guide - NHS

About Us - Caring as a Young Carer

Young carers | Barnardo's

Children living in Cheshire:

Please contact the Family Liaison Officers (Helen or Suzanne) , who will submit all young carers referrals for students who attend Alsager and Brine Leas Schools.

For other Trust schools, please contact your main school contact in the first instance.

Children living in Staffordshire:

Staffordshire Together For Carers Service - the link below has information to relating to young carers and how to access support.

https://www.n-compass.org.uk/get-support/carers/staffordshire-together-for-carers-service/

Statutory carer's assessments (Staffordshire)

In Staffordshire, these are carried out by Staffordshire County Council. They can also help you explore the support available to help you continue in your caring role.

To arrange a Carer's Assessment, please contact the Council by phone on 0300 111 8010 or email firstcontactcarers@staffordshire.gov.uk.

Further information for Young Carers in Staffordshire can be found below:

Young Carers | North Staffs Carers

Adults in Carers roles (Staffordshire & Cheshire) - these organisations will help adult unpaid carers:

https://www.n-compass.org.uk/get-support/carers/staffordshire-together-for-carers-service/

Contact details for Staffordshire are detailed in the section above.

Cheshire East Young Carers

Helping you feel supported, connected and heard.

Come and join our activities!



Crewe Lifestyle Centre Family Hub, Moss Square, CW1 2BB

Ages 8 – 16 | Tuesday 4.30-6pm | 9 June | 7 July | 8 September | 6 October| 3 November | 1 December

Entrance further up from Lifestyle at the far end of the building

Macclesfield Family Centre, Town Hall, SK10 1EA

Ages 7-12 | Tuesday 4.30-6pm | 16 June | 14 July | 15 September | 13 October | 10 November | 8 December

Drop off via front entrance; pick up at rear door

Congleton Family Hub, New Street, CW12 3AH

Ages 12-18 | Tuesday 4.30-6pm | 2 June | 30 June | 22 September | 20 October | 17 November | 15 December

For information on upcoming activity sessions in school holidays please scan the QR code for sessions run through the Cheshire East Holiday Food Activities Programme (HAF)

youngcarersteam@cheshireeast.gov.uk

Together for Young Carers.

Cheshire East Council

CARERS TRUST
Cheshire and Warrington

Carer Breaks

Time for you.
Support for your caring journey.



Do you care for an adult or child who **has additional needs?**

Do you live in **Cheshire East?**

Would you benefit from a break from your caring role?

We offer a range of breaks, events and activities plus information, advice and support to access further breaks.

- Short breaks and activities for you
- Information and advice from our experienced team
- Emotional support and practical guidance
- Events and groups to connect and recharge

Register with us now for more information

Scan to visit our website

Email us
cheshireeast@cheshireandwarringtoncarers.org

Visit our website
www.cheshireandwarringtoncarers.org

Call us
Tel
0300 102 0008

Cheshire and Warrington Carers Centre trading as Cheshire and Warrington Carers Trust is a Registered Charity 1092606 and a Company Limited by Guarantee, 04972914
Registered Office: 14b London Road, Northwich, Cheshire, CW9 5HH

Domestic Abuse



Domestic Abuse doesn't always have to be physical.

If a parent / carer contacts the school concerned about domestic abuse, please us the following links to signpost the families. Please also remember to ensure the safeguarding policy is followed for your site.

MyCWA - A Charity based in Cheshire East to support victims of Domestic abuse - www.mycwa.org.uk

Refuge - this is a National charity Refuge, the largest UK domestic abuse organisation for women

Respect - Specialist provision for men experiencing domestic abuse - Domestic Abuse Helpline for Men | Men's Advice Line UK

Act on it now - An organisation based in Crewe that can help signpost young people and parents about healthy relationships - Act on it Now

Stoke on Trent & Staffordshire - New Era is an organisation which supports those affected by domestic abuse in Staffordshire or Stoke-on-Trent, New Era provides free and confidential support for victims, perpetrators and their families.

Step Forward - This is a National programme to help survivors of Domestic Abuse. This is a self paced learning course that can be accessed from home and is simple to sign into and complete for free.

To access the course follow this link. Participants will be asked to fill out a short form, this can be done anonymously if wished. Unless the person consents, MyCWA will not contact anyone that takes the course.

Once the short Microsoft form is completed, there will be a link to access the course. This course is comprehensive and includes self care within the course.

Supporting Children with Additional Needs



Below are the organisations that we can refer / signpost into:

Staffordshire outreach - https://www.staffordshireconnects.info/kb5/staffordshire/directory/results.action?localofferchannel=9-1-1

CEAT - https://livewellservices.cheshireeast.gov.uk/Services/1086/CEAT-Cheshire-East

Autism inclusive - https://www.aicrewe.org.uk/

Sibs - this charity helps siblings of individuals with additional needs - https://www.sibs.org.uk/

Cheshire East Information, advice and Support team - http://www.ceias.cheshireeast.gov.uk/home.aspx

https://livewellservices.cheshireeast.gov.uk/Services/4656

for People over 18 with additional needs - Home - Time Out Group

Special Educational Needs and Disability (SEND) – drop-in sessions in Cheshire EastSupport, signposting and guidance.END 0-19+ health practitioners (on behalf of health visitor/school nursing services Cheshire East) are there for parents of children and young people, to support, signpost and guide, with all SEND related issues.

They can help you to understand why your child may be struggling and offer ideas that may help.Think your child may have SEND and not sure where to go or what to do? Need support around toileting, sleep, behaviour or development? Feel free to book in for some advice. You will be seen on a 1-1 basis and there is no need to bring your child.Upcoming drop-in sessions:

September 2026

Tues 1st September 9.15am – 12.15pm Nantwich Children's Centre

Thurs 10th September 9.15am – 12.15pm Monks Coppenhall SEND Hub

Mon 14th September 9am – 11am Ash Grove Family Hub

Fri 18th September 9am – 11am Congleton family Hub

Thurs 24th September 1.30pm – 4.30pm Wesley Place Methodist Church, Alsager

Tues 29th September 9.30am – 11.30am Oakenclough Family Hub

October 2026

Thurs 1st October 9.15am – 12.15pm Monks Coppenhall SEND Hub

Tues 6th October 9.15am – 12.15pm Nantwich Children's CentreFriday

9th October 9am – 11am Knutsford Children's Centre

Monday 12th October 9am – 11am Ash Grove Family Hub

Friday 16th October 9am – 11am Congleton Family Hub

Tuesday 27th October 9.30am – 11.30am Oakenclough Family Hub

Thurs 29th October 1.30pm – 4.30pm Wesley Place Methodist Church, Alsager

November 2026

Tuesday 3rd November 9.15am – 12.15pm Nantwich Children's Centre

Monday 9th November 9am – 11am Ash Grove Family Hub

Thurs 12th November 1.30-4.30pm Wesley Place Methodist Church, Alsager

Friday 13th November 9-11am Congleton Family Hub

Thurs 26th November 9.15 – 12.15am Monks Coppenhall SEND Hub

Tuesday 27th November 9.30am -11.30am Oakenclough Family Hub

December 2026

Tuesday 1st December 9.15-12.15am Nantwich Children's Centre

Thurs 3rd December 9.15-12.15pm Monks Coppenhall SEND Hub

Friday 4th December 9am-11am Knutsford Children's Centre

Monday 7th December 9am-11am Ash Grove, Macclesfield Family Hub

Thurs 10th December 1.30-4.30pm Wesley Place Methodist Church, Alsager

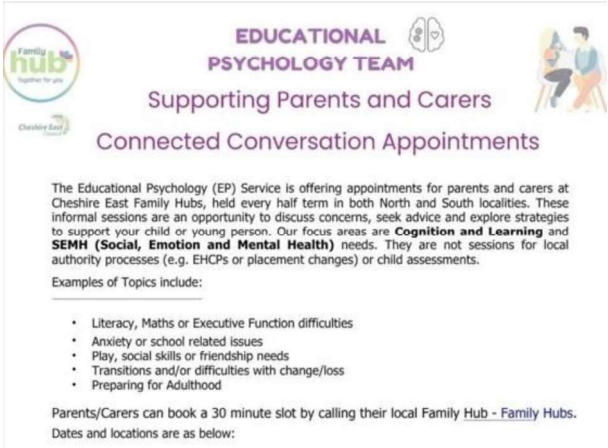
Friday 11th December 9am – 11am Congleton Family Hub

Friday 15th December 9.30am-11.30am Oakenclough Family Hub

To book an appointment:

At Congleton, Knutsford, Ash Grove or Oakenclough
email startforlifenorth@cheshireeast.gov.uk.At Monks Coppenhall, Nantwich and Alsager call 01270 371 240 or email startforlifesouth@cheshireeast.gov.ukVenues and contact numbers for appointments where needed

- *Wesley* Place Methodist Church, 30 Lawton Rd, Alsager, ST7 2RU
- Ash Grove Family Hub, Macclesfield, SK11 7TD Tel: 01625 374484
- Congleton Family Hub, Congleton, CW12 3AH Tel: 01260 371061
- Knutsford Children's Centre, Manor Park North, Knutsford, WA16 8DB
- Monks Coppenhall SEND Centre of Excellence, Crewe, CW1 4LY Tel: 01270 371240
- Nantwich Children's Centre, Nantwich, CW5 5GX Tel: 01270 371240
- Oakenclough Family Hub, Wilmslow, SK9 2PZ Tel: 01625 374180



EDUCATIONAL PSYCHOLOGY TEAM

Supporting Parents and Carers

Connected Conversation Appointments

The Educational Psychology (EP) Service is offering appointments for parents and carers at Cheshire East Family Hubs, held every half term in both North and South localities. These informal sessions are an opportunity to discuss concerns, seek advice and explore strategies to support your child or young person. Our focus areas are **Cognition and Learning** and **SEMH (Social, Emotion and Mental Health)** needs. They are not sessions for local authority processes (e.g. EHCPs or placement changes) or child assessments.

Examples of Topics include:

- Literacy, Maths or Executive Function difficulties
- Anxiety or school related issues
- Play, social skills or friendship needs
- Transitions and/or difficulties with change/loss
- Preparing for Adulthood

Parents/Carers can book a 30 minute slot by calling their local Family Hub - Family Hubs.

Dates and locations are as below:

Attendance Support



Unfortunately, not all children and young people find school an easy period of their lives. The following organisations / articles can be of support for families that they are trying to break down the barriers for their children to attend school.

Young Minds is a charity that can help with support children back into school - for more information please click here

Article about school refusal - [School anxiety and refusal: How parents can help their child get through tough times - BBC Parents' Toolkit - BBC Bitesize]

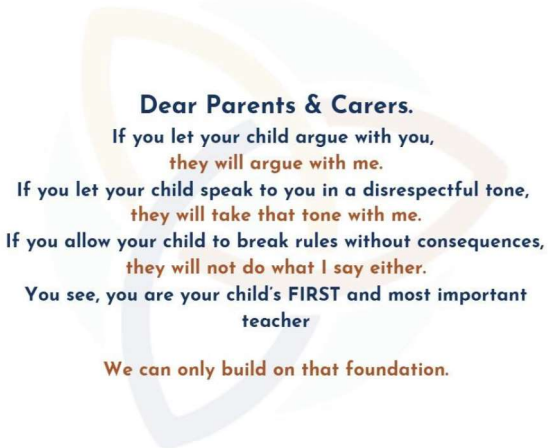
Hope4more - is a charity based in Crewe that parents can self refer into. They help children that are struggling to attend school and they provide small group art therapy sessions. https://hope4more.co.uk/

Behaviour at Home and School



Behaviour at home is linked to the behaviour of children at school.

As an education setting, we need to emphasis to parents the importance of Role Modelling - this includes:



There are organisations that can help with behaviours that you may see at home:

123 magic is a training course for parents that can help with behaviours of both Neurotypical and neurodiverse children.

https://www.starlearners.co.uk/parents

NSPCC has a useful positive parenting guide that can be accessed here

Substance Abuse



Support for families, including teens:

https://livewellservices.cheshireeast.gov.uk/Services/3682/Talking-Therapies - family support – including trauma (living with alcohol abuse)

https://www.childrenssociety.org.uk/information/young-people/young-carers/parental-alcohol-use - support for children living with alcohol abuse.

https://alcoholchange.org.uk/alcohol-facts/fact-sheets/a-guide-to-family-support-services - support for those living with alcohol abuse

https://www.changegrowlive.org/service/cheshire-east-drug-alcohol/further-support - alcohol abuse support

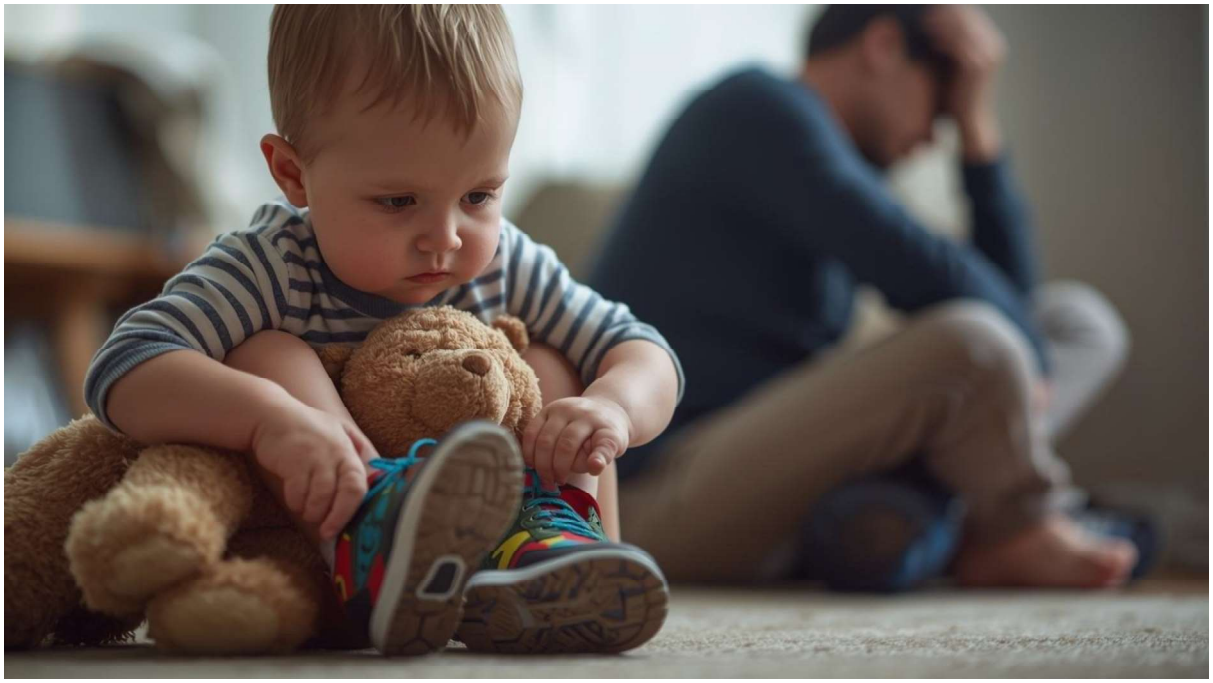
https://al-anonuk.org.uk/groups/alsager/ - support group in Alsager for young people 12-18 living with alcohol abuse.

https://al-anonuk.org.uk/getting-help/find-a-meeting/ - as previous link.

https://al-anonuk.org.uk/ - as previous link but main web page – support for families and friends of alcoholics.

https://al-anonuk.org.uk/alateen/ support for teens – alcoholism in family

Family Help



https://www.gov.uk/guidance/family-mediation-voucher-scheme - Acrimonious split/family mediation voucher link.

Citizens advice - Citizens Advice

Charity to help you to support single parents - Home | Gingerbread

Free parenting courses - Click here

Cheshire East Family Hubs are pleased to re-launch the Solihull Approach to emotional health and well-being - 'Togetherness'. The new brand name Togetherness reflects the essence of what the Solihull Approach is all about. With refreshed images, accessible graphics and a new website, the new resources align with our ever changing world.

Parents can scan the QR code on the first image or type in the Access code **WHEATSHEAF** to gain access to relevant parenting courses and registering their details to create a 'learning account.' Courses can be completed at an individual pace and time to suit. Course progression can be saved, paused and resumed and there is often a certificate on completion.

For families living outside of the Cheshire East boundary, courses can still be accessed using a Cheshire East postcode of another family member, when registering. These courses are open to all family members who may need support.

Staffordshire County Council Families First - For family support, please click here





CHARWEC is an organisation that has over twenty years' experience in the equality field, with a particular emphasis on race equality work. We work locally and think globally. The website is available here. Their phone number is 01244 400 730

Parent conflict - There are times when there is parent conflict, this can be due to many stressors, such as money problems, or separation. Parents and carers in conflict or separating | Anna Freud

See things different - is a website that hopefully helps you see a differently. See it differently

Cheshire East - to find your nearest family Hub - here

Cheshire East offer support for separated Families - for more information please click here

Veteran/Service Mental Health Support:

Help for Heroes believe that every member of out armed forces community should have the opportunity to live well after service. Click here for information on their 'Healing Hidden Wounds', please click here.

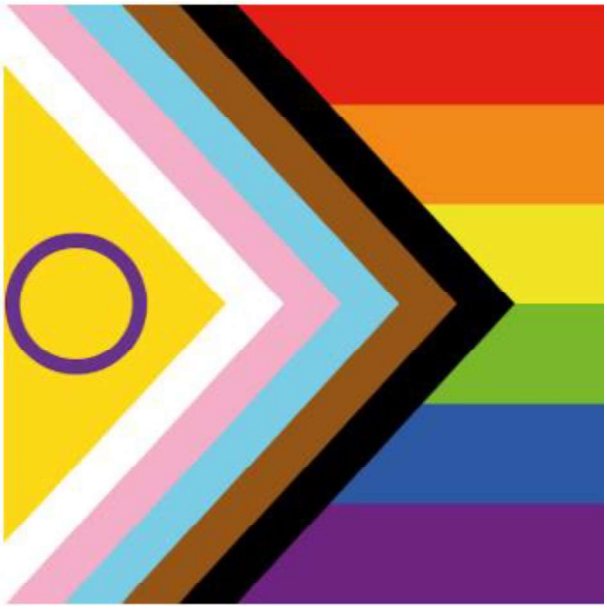
NHS Mental Health Support for Veterans, service leavers, reservists, their families and carers, please click here.

Combat Stress - This is a charitable organisation, which provides specialist clinical treatment and support for veterans from the British Armed Forces, focusing on those with PTSD, Complex-PTSD, and moral injury resulting from their experiences during military service. For information and to access support, please click here.

Best Start Family Hub launch new 'What's On' Guide

A new and improved online 'What's On' guide is now available, designed to make it easier for families and professionals to find activities and support in their local area. The updated platform includes enhanced search functionality, allowing users to filter events by age, postcode and keywords, alongside consistent branding to improve accessibility and user experience. Through our Family Hubs, we offer a broad and inclusive programme of services for babies, children, young people and their families. This includes regular sessions such as stay and play, sensory activities and early development groups, alongside antenatal support, breastfeeding guidance and practical advice for parents and carers to help give children the best possible start in life. We also provide targeted support for those with additional or specific needs, including services for children and young people with SEND, groups for young carers and care leavers, and safe, inclusive spaces for LGBTQ+ young people. These tailored services offer advice, emotional support and opportunities to build confidence, develop life skills and connect with peers. In addition, families can access a wide range of wider support through our hubs, including professional advice via drop-in sessions, educational psychology and speech and language input, financial wellbeing guidance and information about becoming a childminder. All of our sessions are free, informal and available without booking, ensuring families can access the right help at the right time in a welcoming and supportive environment. We would welcome your support in continuing to raise awareness of these opportunities by signposting families to the 'What's On' guide and including links to these listings in your communications wherever possible. Please click here.

LGBTQ+



Projects that can help with children and young people who believe they may be LGBTQ+ include:

The Proud Trust - a useful website for both Children, adults and professionals to gain information about LGBT+ individuals.

For LGBT+ Young People - The Proud Trust

Support for anyone, anywhere in the country, at any point in their journey. We can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. This is your space – to explore, talk and be truly heard - click here

If you have pupils that are struggling with Domestic abuse that are in the Trans community, there are a couple of charities that can help give advice - theses are:

Trans Without Abuse - More information - this is an organisation that is linked with My CWA, they are a local charity, based in Crewe that can offer support.

Galop is also a national organisation helpline for LGBT+ people experiencing abuse or violence, such as hate crime, domestic abuse, sexual violence, so-called "conversion therapy" or any other kind of abuse. The Galop Helpline is here to offer emotional support, guidance and help to explore what options may be available to anyone aged 18+ who is experiencing or has experienced violence and abuse. - More information

Mermaids We've been supporting trans, non-binary and gender diverse children and young people and the important people in their lives since 1995.- More Information

Phone Apps



As everyone has a smart phone, there are lots of Apps available through the App store that can be downloaded by pupils / families to help with mental health.

Headspace - Meditation and sleep

What's Up? - A Mental Health App - for when you need a little help getting through those tough days

Mind of my own - Help young people express views and feelings.

MyLife Meditation b Stop, Breath, Think - meditation and mindfulness

DistrACT app - Aims to help you netter understand urges to self-harm

Calm harm - Provides tasks that help you resist or mange the urge to self harm

Blue Ice - A prescribed evidence based app to help young people manage their emotions and reduces urges to self harm

Think ninja - designed for children and young people (10 - 18) to give skills and knowledge about mental health and emotional well-being.

Daylio - Daily mood and micro-diary

SAM - understand and manage your anxiety

Relax melodies - Sleep Aid.

Speech And Language Drop In



Talking Walk – In - Cheshire East Council services

Looking for advice about your child's communication?

Here you can chat to a speech and Language Therapist to gain helpful hints and tops to support your child's speech and language.



Talking Walk-In

Drop in to a Talking Walk-in session for advice about your child's Speech & Language. Here you can chat to a Speech and Language Therapist and gain helpful hints and tips tailored to your child's unique needs.

Thursday 3rd September	Macclesfield Family Centre	9.45-11.15am
Monday 7th September	Crewe Lifestyle Family Hub	1-2pm
Wednesday 16th September	Oakenclough Family Hub	10 -11.30am
Wednesday 16th September	Oak Tree Family Hub	10-11.30am
Wednesday 16th September	Cledford Primary School (long lane entrance)	9.30-10.45am
Tuesday 22nd September	Nantwich Children's Centre	10-11.30am
Tuesday 22nd September	Congleton Family Hub	10-11.30am
Monday 28th September	Knutsford Family Hub	1.00-2.30pm
Monday 5th October	Crewe Lifestyle Family Hub	1-2pm
Wednesday 14th October	Congleton Leisure Centre	9-10.30am
Friday 16th October	Broken Cross Children's Centre	9.30-11am
Friday 16th October	Oak Tree Family Hub	10-11.30am
Tuesday 20th October	Monks Coppenhall Family Hub	10-11.30am

www.cheshireeast.gov.uk/ 'Cheshire East Chatters' cechatters@mcht.nhs.uk

1 - Talking Walkin September 2026

Holiday Clubs



These are some of the Activities that are available over the School Holidays. You will need to

HAF holiday clubs

For information about the HAF holiday clubs and how to register, please click here

Bookings for the February school holiday will go live at 3.00pm on 26 January 2026. Each eligible child is able to book 4 sessions.

Everybody Health and Leisure also run School holiday activities, their website can be accessed here

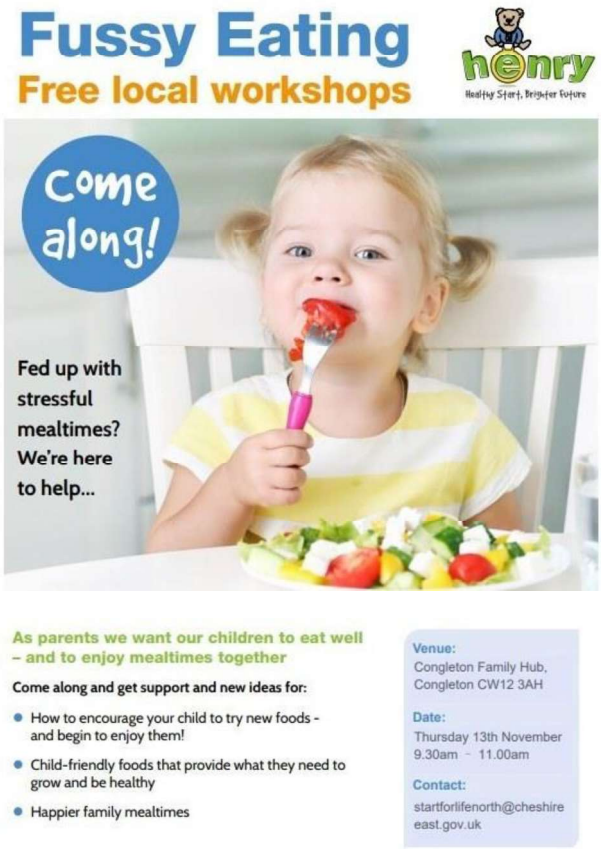
Nantwich Town Football club offer soccer camp in various holidays - information can be accessed here

Sports Coaching Group is an organisation that offers various courses in school holidays, more information can be accessed here

Early Years / Young Families Support



The Lullaby Trust exists to keep babies safe and to keep grieving families supported. For more information about this charity please click here



If you have a family that needs a child's car seat, please give speak to parents about the below links as these may be useful:

Choosing a baby Car Seat

Choosing a child car seat

Car seats and the Law