

## Alsager Community Support

Perhaps you don't know who to turn to for help? Maybe you need assistance with completing forms, making a phone call or applying for Pension Credit or Attendance Allowance?

- ⇒ Our trained volunteers offer support and information about local and wider services.
- ⇒ We can signpost you to the people who can help!
- ⇒ Just pop in and see us.

Access from Fairview (Civic) Car Park, next to the Community Church.

### Opening hours:

Mon- Fri 9.30am -12.30pm

### Telephone:

01270 876605

### Website:

[www.alsagercommunitysupport.org.uk](http://www.alsagercommunitysupport.org.uk)

### Email:

[info@alsagercommunitysupport.org.uk](mailto:info@alsagercommunitysupport.org.uk)

### Facebook

Alsagercommunitysupport

## Useful Numbers

To request a Care/Carer's Needs Assessment contact the Adult Social Care team on 0300 1235010

Age UK Cheshire 01606 881 660

Alzheimer's Society 0300 369 0570

Carers Trust 4all 0333 323 1990

Cheshire and Warrington Carers Trust.  
Carers helpline 0300 102 0008.

Cheshire East Carers Hub 0300 303 0208

Cheshire East Dementia Re-ablement Service 01270 371273

Dementia Admiral Nurse Helpline  
0800 8886678

LiveWell Cheshire East  
<https://www.cheshireeast.gov.uk/livewell/livewell.aspx>

Red Cross Support at Home Service  
01270 255141 (ext 2789)

Samaritans 08457 90 90 90

Silverline 0800 470 80 90

# Alsager Community Support



## Support and Activities for People over 60 in Alsager



## Services and Activities

**Alsager Civic Lunch Club** Social environment with nutritious lunch for seniors. Tuesdays and Thursdays. Lunch served at 12pm. Cost £5 day. Transport can be arranged. **07513 378398**

**Alsager Community Support Centre** offers help with Attendance Allowance, Pension Credits etc. Information advice and support on many issues by trained volunteers. Also befriending, help with simple DIY tasks, & transport to medical appointments (petrol costs welcome) **01270 876605**

**Alsager Memory Café** Support group for people with dementia & carers. Last Friday of month at Library. 10.30-12.30. Free. **07825 776921**

**Alsager U3A** Offers a variety of groups, courses and day trips. Low cost yearly membership required. **01270 873975**

**Books on Wheels** Delivers library books/ talking books to housebound and isolated people. **01270 375325**

**Big Breakfast** Mondays 8.00-10.00 at Christ Church Hall. £3. Debbie **01270 872291**

**Carry on Dancing** Top to Toe exercise Fridays 10-11.30 United Reformed Church £2 incl refreshments. Valerie **07817 172052**

**Dennis Round Court** Mon/Tue 2pm afternoon tea, Wed 2pm Bingo, Thu 2pm Art & Craft, Fri 2pm Board Games. A small charge may be made. Louisa **07771 645 409**

**Geezers** Games and chat for men aged 65 and over at the 13 Club. Thursdays 1.30-3.30. £2. Kath **07443 492573**

**Heydays** Social fun for the 65s and over including those living with dementia. 13 Club Alsager. Friday 2.00-4.30. £3 inc refreshment. Limited transport available. Kath **07443 492573**

**ICare Community Meals** Hot meals delivered to your door [www.icarecuisine.co.uk](http://www.icarecuisine.co.uk) **0845 604 1125**

**Keystone Support Centre** Support & activities for adults living with cancer or serious physical illness and their carers. Tuesdays 10am - 12pm also

**Seasons Bereavement Group**, 1pm - 4pm Activities Group 9am - 4pm Nurse advice and complimentary therapies. All at Church at Lawton Memorial Hall. Joyce **01270 872157**

**Library** - Coffee Morning Wednesdays 10-12pm. Meet a variety of community groups/ services. **01270 375325**  
[alsager.library@cheshireeast.gov.uk](mailto:alsager.library@cheshireeast.gov.uk)

**Red Cross Support at Home** Up to 2 weeks' support for shopping/help when family is on holiday. Free **01270 255141 ext 2789**

**St Vincent de Paul (SVP)** Offers friendship, companionship and practical support to vulnerable people of all ages. **07510 223337**

**Talking Newspapers** Local news for people with a visual impairment or disability. Free service **01606 760661**

**Wishing Well Community Meals** Freshly cooked hot food. 2 courses. Delivered. £4.75 **01270 256919**

**Board Games for Mental Health** – Alsager United Reformed Church (Brookhouse Rd, Alsager, ST7 2PA), every third Saturday between 2 and 4pm

**Stroke Survivors Group** –Thursdays 10.30 – 12, at 13 Club, Cedar Ave. **07852 826582**

**Royal British Legion Veterans' Breakfast Club** – last Saturday of each month – 9-11 am Plough Inn, Alsager £1.50/£2.50 inc tea or coffee.

**Memory Choir**— informal singing for people with memory problems, Monthly on Wednesdays at St Mary's Church. Tel Kath **01270 873975**