

Age UK

Description: Free confidential advice line for older people, their families, friends carers and professionals, available 8am-7pm, 365 days a year.

Examples:

- What benefits to claim and how to claim them
- Anxious about planned hospital stay and how to cope when leave
- Advice on choosing the right care home

Number of guides and fact sheets online, for example: avoiding scams, wills and estate planning, when someone dies, care homes.

A variety of volunteering opportunities are available at Age UK Staffordshire; learn new skills, meet new people and make a positive difference.

Phone Numbers:

National Advice Line 0800 678 1602. Age UK Staffordshire 01785 788477

Email: info@ageukstaffordshire.org.uk

Website URL: <https://www.age.uk.org.uk/staffordshire/>

Biddulph Local People's Group

Description: Lots of activities including arts and crafts, genealogy, IT for beginners, pub games (darts, cards and dominoes), board games (scrabble and chess) plus café drop in, blue badge drop in (need to book an appointment) and book exchange. Biddulph Town Hall every Tuesday 10am to 12pm. Biddulph Youth & Community Zone every Thursday 10am to 12pm.

Phone Number: 07898 322998

Email: Biddlpp2020@gmail.com

Biddulph Moor Evergreen Club

Description: For the over 55's. Meet first & third Thursdays 2pm-4pm at Biddulph Moor Village Hall.

Contact: Mrs Beryl Walton

Phone Number: 01782 514915

Contact: Eileen and Bert Phillips

Phone Number: 01782 511073

Daybreak Day Opportunities

Address: The Victoria Centre, Station Road, Biddulph ST8 6BJ

Description: A service for people aged over 50 and over in the Biddulph area to promote their physical and mental well-being, reduce isolation and give carer relief. A range of activities are offered such as baking, visits to local attractions, exercise groups, arts & crafts, table games and quizzes. Support people to access local amenities. Breakfast and a two course lunch is served, together with refreshments. Meet in the Victoria Centre 9am-4pm, Tuesdays, Wednesdays and Fridays.

Contact: Fiona Fowler

Phone Number: 07981 856972

Email: fowlerfiona@rocketmail.com

Contact: Sandra Shenton

Phone Number: 0797 0913780

Email: sandrashenton@hotmail.co.uk

Email: daybreak.dayopps@yahoo.co.uk

Moorlands Voluntary & Community Transport

Address: 10 Tunstall Road, Biddulph ST8 6HH

Description: Provides friendly, helpful volunteer drivers, who use their own cars to offer transport to those in need who pay their council tax to Staffordshire Moorlands, have no other transport available and are unable to use public transport. Try to give a minimum 1 week notice. Need to make a payment towards the cost of the driver's expenses, based on mileage.

Phone Number: 01782 511659 (Biddulph office)

Email: contact@mvct.co.uk

Website URL: <https://www.mvct.co.uk>

The Silver Line

Description: A free confidential national helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Phone Number: 0800 470 8090

Email: info@thesilverline.org.uk

Website URL: <https://www.thesilverline.org.uk/>

U3A (The University of the Third Age)

Address: Lund House, Lawton Street, Biddulph ST8 6EX

Description: For over 50's, retired, part-time or unemployed. Members can find friendship and fun by signing up for sessions run by volunteers who give their time to share their knowledge and skills. Members can increase activity, brush up on existing skills, learn a new subject, enjoy the company of like-minded people and meet new people. Activities include sports (such as bowls, table tennis), crafts (such as arts and needlework) and games (such as bridge and mah jong).

Email: membership@biddulphu3a.co.uk (membership enquiries)

Email: secretary@biddulphu3a.co.uk

Website URL: <https://u3asites.org.uk/biddulph/home>