

## **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](mailto:info@ageukstaffordshire.org.uk)

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

## **Biddulph Ladies Afternoon Club**

**Description:** Voluntary club for ladies with meetings, guest speakers, outings and lunches. Meet every second Thursday of the month at 1.45pm Biddulph Town Hall.

**Contact:** Christine Faughnan or Kathleen Ashley

**Phone Number:** 01782 297845 (Christine) or 01782 513639 (Kathleen)

**Email:** [ashleykatha@btinternet.com](mailto:ashleykatha@btinternet.com)

## **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 and book exchange. Produce a scrap/memory book or box of your life that can be shared with family, friends and carer's. 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](mailto: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, 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

**Contact:** Sandra Shenton

**Phone Number:** 0797 0913780

**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>

### **Retired Person's Association**

**Description:** Meet every other Tuesday at 2.30pm at Biddulph Town Hall, providing friendship and activities for Biddulph seniors.

**Contact:** Alvin Proctor

**Phone Number:** 01782 512300

### **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](mailto: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](mailto:membership@biddulphu3a.co.uk) (membership enquiries)

**Email:** [secretary@biddulphu3a.co.uk](mailto:secretary@biddulphu3a.co.uk)

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