



All of us at the Trust
hope you have a warm
and bright spring



Many thanks to our supporters

- 50 Anthony Collins
- baxterkelly
- BROAD OAK Here to make you smile
- CAPITOL CARPET CO. EST. 1946
- casey PRO-ENVIRONMENT
- cpc
- DIGS ROOFING LTD
- Dodd Group
- DRAIN CARE HPW Jetting, CCTV Surveys, Drain Lining & Repairs
- down to earth
- e-on
- envirovent
- EQUANS
- ideal HEATING
- JEWSON PARTNERSHIP SOLUTIONS
- JFN Integrated Solutions Ltd
- NEO PROJECTS
- P CONSTRUCTION
- PHOENIX
- premier brickwork
- RIDLEYTHAW
- savills
- TFJONES PROPERTY SERVICES LTD
- Seddon Homes.co.uk
- SureMaintenance Part of the Sureserve Group
- UPS Building & Maintenance
- WATSON





PEAKS & PLAINS
Housing Trust

Some helpful information...

Look after yourself

- Samaritans** 116 123
available 24 hours a day samaritans.org
- SANeline** 0300 304 7000
4pm - 10pm sane.org.uk
- Campaign Against Living Miserably** 0800 58 58 58
5pm – midnight every day thecalmzone.net
- Shout** Text SHOUT to 85258
open 24 hours a day, 365 days a year giveusashout.org

Support in later life

- Age UK Cheshire East** 01625 612958
ageuk.org.uk/cheshireeast
- Age UK Cheshire Central and Cheshire West** 01606 881660
ageuk.org.uk/cheshire
- Age UK Derbyshire** 01773 766922
ageuk.org.uk/derbyandderbyshire

Don't forget that we're here for you...

0800 012 1311

trust@peaksplains.org

peaksplains.org

Benefits and money help

- Local Energy Advice Partnership** 0800 060 7567
applyforleap.org.uk
- Help through Hardship helpline** 0808 2082138
The Trussell Trust bit.ly/HelpThroughHardship
- Universal Credit Helpline** 0800 328 5644
gov.uk/universal-credit
- Citizens Advice National Helpline** 0800 144 8848
citizensadvice.org.uk
- National Debtline** 0808 808 4000
nationaldebtline.org
- StepChange** 0800 138 1111
stepchange.org

Emergency help

- Emergency Assistance** 0300 123 5013
Cheshire East Council *choose 'emergency assistance'*
Weekdays 8.30am- 5pm bit.ly/EmergencyAssistanceCE
- Adult Social Care** 0300 123 5013
Cheshire East Council bit.ly/AdultSocialCareCE
- Help in Emergencies**
Cheshire West bit.ly/HelpCheshireWest

Keeping your family fed

- Cre8 Surplus Food Grocery**
Macclesfield facebook.com/Cre8Grocery
- CORE Food Pantry**
Macclesfield church-of-the-resurrection.org.uk/pantry
- The Welcome**
Knutsford thewelcome.org.uk