

Hello and welcome to our new Clients newsletter. Our aim is to produce a quarterly newsletter with all the latest news here at League of Friends, upcoming events and important information -

The Housing Team

Clients Newsletter

December 2022

The League would like to wish all our clients Merry Christmas and a Happy New year!

Important numbers during the Christmas period



Mental health access team —

0300 555 5001

Mental health help line / Text — 7pm-2am weekdays, 2pm-2am weekends.

0808 800 2234 / 07860 022821

Samaritans — Open 24hrs a day

116 123

Stafford Health and Wellbeing Surgery —

01785 258240 / 01785 258249

Wolverhampton Road Surgery —

01785 258161

Stafford and Cannock
League of Hospital Friends

Intensive Housing Service
Supporting Vulnerable
People Since 1973



Christmas opening times

The office will be **CLOSED** from
3pm Friday 23rd December 2022.

We will **REOPEN** at
9am Wednesday 28th December 2022.

We will be **CLOSED** on
Monday 2nd January 2022
but
OPEN as normal on **Tuesday 3rd January 2023.**

Contact numbers:

Housing office and emergencies — 01785 413233

All I want for Christmas... is YOU!

Helping yourself and others feel more connected -

Below, are some tips for tackling **isolation** and **loneliness** put together by the 'Marmalade Trust' to help you and others feel more connected. If loneliness continues for long periods of time, it can start to affect your health and wellbeing. It's important to **reach out to your GP** and make sure you're getting the right support.

These tips have been made with **COVID-19 social distancing measures in mind**. Please do make sure you adhere to the up-to-date guidance from the UK Government.

At home...

1. Organise a weekly video call with friends or family.



2. Head out into nature to talk to a friend.



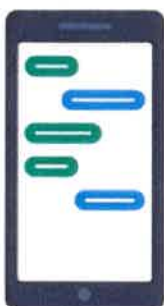
3. Start or join a virtual book club, film club or pub quiz.



4. Arrange to watch a film with a friend face to face or video call.



5. Pick up the phone and call or text a friend.



6. Send a letter or postcard to someone. If You don't have a postcard, you could make one.



<https://www.marmaladetrust.org/>

In the community...

1. Join a community group for your Street or area, good way to meet the neighbours.



2. Have a cuppa with a neighbour – keeping safe distance.



3. Reach out to a local charity and Volunteer your support.



4. Shop local, try saying hello to familiar faces regularly.



5. Smile and say hello to passers-by. Even from a distance, it can make someone's day.



6. Reach out to someone who you know is experiencing loneliness or isolation.



<https://www.marmaladetrust.org/>

“If you’ve always felt a disconnection from others or an internal loneliness, no matter what or who is in your life, it could be worth pursuing with a trained therapist or counsellor...Our mental health can also affect us at any age, so it’s important to talk about how we feel with those close to us and get the right... support.”

- Marmalade Trust, 2013-2017, 'LONELINESS GUIDES: Loneliness through our life stages [online]', Marmalade Trust website, <https://www.marmaladetrust.org/keylifeindicatorsforloneliness>, [Accessed 27th October 2022].



FOODBANKS:



Cannock & District Foodbanks

(Cover Cannock and Penkridge areas)

Coniston Hall - Warehouse

NEED VOUCHER – call for info

Coniston Hall, Cecil Street, Chads Moor, WS115HG

Opening Times:

Mon – 10:00 - 15:00
Tue - 10:00 - 15:00
Wed - 10:00 - 15:00
Thu - 10:00 - 15:00
Fri - 10:00 - 15:00
Sat - Closed
Sun – Closed

Contact: 01543 422394

Salvation Army

NEED VOUCHER – call for info

Walhouse Street, Cannock, Staffordshire
WS11 0DY

Opening Times:

Mon – Closed
Tue - 14:00 - 17:00
Wed - 14:00 - 17:00
Thu - 14:00 - 17:00
Fri - Closed
Sat – Closed
Sun – Closed

Contact: 01543 500895 / 07918 287157

Walsall Foodbanks:

Ablewell Advice - Black Country Food Bank

NEED VOUCHER – call for info

Ablewell Street, Walsall, WS1 2EQ

Opening Times:

Mon – 10:00 - 14:00
Tue - Closed
Wed - 10:00 - 14:00
Thu - Closed
Fri - 10:00 - 14:00
Sat – 11:00 - 13:00
Sun – Closed

Contact: 01384671250



Stafford Foodbanks:

Stafford Foodbank

NEED VOUCHER – call for info

Bellasis Street, Off Marston Road, Stafford,
ST16 3DD

Opening Times:

Mon - Closed
Tue - 11:00 - 14:00
Wed - 11:00 - 14:00
Thu - 11:00 - 14:00
Fri - 11:00 - 13:30
Sat - Closed
Sun – Closed

Contact: 07738 729878 or 01785 223322

House of Bread

REFERRAL - info@hobstafford.co.uk

43 Browning Street, Stafford, ST16 3AX

The House of Bread food bank is open 24/7 for both members of the public and professionals.

Contact: 01785 243492

Rising Brook Baptist Church

WALK IN

Burton Square, Stafford ST17 9LT

Opening Times:

Mon – Closed
Tue - 9:30 - 11:30
Wed - 9:30 - 11:30
Thu - 9:30 - 11:30
Fri - 9:30 - 11:30
Sat - Closed
Sun – Closed

Contact: 01785 214750

Walsall Foodbanks:

The Rock - Black Country Food Bank

NEED VOUCHER – call for info

Lichfield House, 27 – 31 Lichfield Street, Walsall,
WS1 1TE

Opening Times:

Mon - 12:00 - 15:00
Tue - Closed
Wed - 12:00 - 15:00
Thu - Closed
Fri - Closed
Sat - Closed
Sun – Closed

Contact: 01384671250

Energy & Money Saving

Tips:

Our handy hints & tips guide to help lower those ENERGY BILLS -

Looking for some ways to save money and energy at the same time?

With a rise in the cost of living we've put together some money saving tips for you in your home to reduce energy bills and be kind to the planet.



RETHINK

your choices.



RECYCLE

all packaging.

REUSE

as much as you can.



REPAIR

before you replace.

REFUSE

single use.

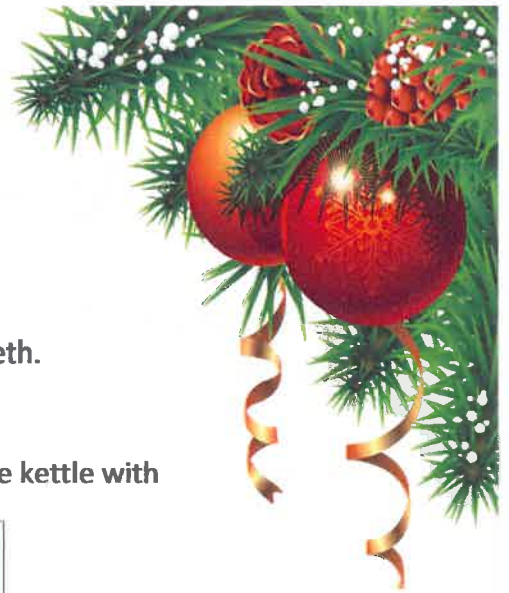


ROT

all organic produce.



SAVE MONEY:



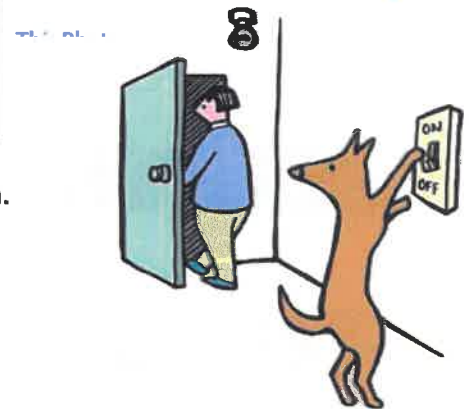
SHOWER instead of taking a bath –

- Turn off that dripping tap whilst you're brushing your teeth.
- Use cold water instead of hot.
- When making a cup of tea or coffee or coffee, only fill the kettle with the amount of water you need.



Turn LIGHTS OFF –

- When you're not using them or when you leave the room.
- Choose energy saving light bulbs.



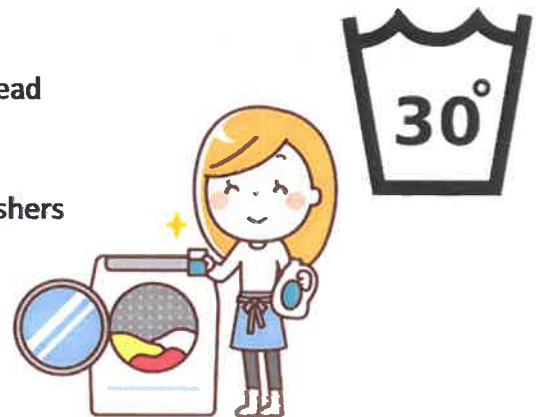
SWITCH OFF standby –

- Unplug electrical devices when not in use.



CAREFUL with your washing –

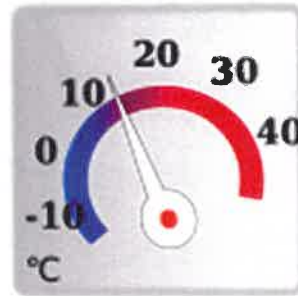
- Use your washing machine on a 30-degree cycle instead of higher temperatures.
- Fill 'Em up! – Make sure washing machine & dish washers are full before use.



SAVE ENERGY:

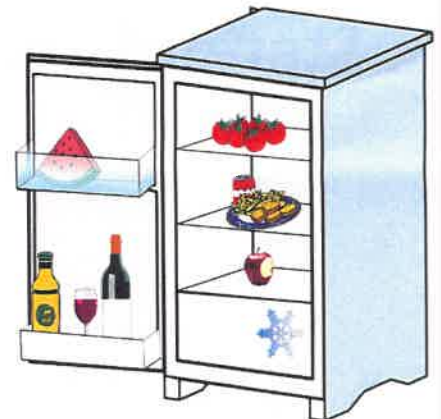
TURN DOWN your thermostat –

- Don't heat rooms you're not in.
- Keep adjoining doors, shut to keep heat in & shut window blinds & curtains at night.



STOP the frost –

- Defrost your fridge freezer regularly to prevent it using more energy.
- Use smaller pans with lids, food will heat up faster.



BICYCLE SCHEME:

We are currently trialling a **BICYCLE SCHEME** to help our clients get around. To find out more or if you have one to donate, get in touch at: enquires@sclohf.co.uk.



Stafford and Cannock
**League of
Hospital Friends**

Intensive Housing Service
Supporting Vulnerable
People Since 1973





HAPPY
Holidays

Here at

**Stafford and Cannock League of Hospital
Friends,**

we wish all our clients a

MERRY CHRISTMAS

and a

**Happy New Year
2023!**

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