

Open me

Read more at www.peaksplains.org/news



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



Many thanks to our supporters





PEAKS & PLAINS
Housing Trust

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 ▶

Cheshire East Domestic Abuse Hub
Available 24/7
Whether you're concerned for yourself or somebody else.
Call 0300 123 5101 ☎
Text 07771 941 464 📞
cedah@cheshireeast.gov.uk 📧

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 ▶

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 ▶

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

☎ 0800 012 1311

✉ trust@peaksplains.org

▶ peaksplains.org