



## Where to Get Help in Staffordshire

If you or someone you care for needs support — whether due to age, disability, or other care needs — there are local and national services ready to help.

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## National Support

### Scope – Equality for Disabled People

Free advice, emotional support and information for disabled people and their families.

📞 **0808 800 3333**

✉️ [helpline@scope.org.uk](mailto:helpline@scope.org.uk)

🌐 [www.scope.org.uk/helpline](http://www.scope.org.uk/helpline)

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## Citizens Advice

Independent advice on benefits, housing, money, employment and rights.

Find your local branch:

- [Citizens Advice South East Staffordshire \(Lichfield & Tamworth\)](#)
- [Citizens Advice Staffordshire South West](#)
- [Citizens Advice Staffordshire North & Stoke-on-Trent](#)

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## Disability Rights UK

Information and guidance on disability rights, benefits and independent living.

🌐 [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

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## Carers Association Southern Staffordshire (CASS)

Support for unpaid carers across Cannock, East Staffs, Lichfield, South Staffs, Stafford and Tamworth.

📞 **01785 606675**

🌐 [www.carersinformation.org.uk](http://www.carersinformation.org.uk)

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## Countywide Support

### Staffordshire Cares

Your first point of contact for adult social care, direct payments, equipment or advice.

 **0300 111 8010**

 [staffordshirecares@staffordshire.gov.uk](mailto:staffordshirecares@staffordshire.gov.uk)

 [Staffordshire Cares website](#)

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### ASSIST Staffordshire

Practical help for people with sensory impairments — interpreters, Braille, and communication support.

 2 Staffordshire Place, Stafford ST16 2DH

 **01785 356835**

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### Disabled Facilities Grants (DFG)

Helps with home adaptations and equipment to stay independent.

 [Apply for a DFG](#)

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### District Support Contacts

#### Staffordshire Moorlands

- Adult Social Care:  **0300 373 2554**  
 [leek.socialservices@mpft.nhs.uk](mailto:leek.socialservices@mpft.nhs.uk)
- Emergency alarms & response: [Moorlands Careline](#)

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#### Newcastle-under-Lyme

- Adult Social Care:  **0300 373 2554**  
 [newcastleareaoffice@mpft.nhs.uk](mailto:newcastleareaoffice@mpft.nhs.uk)
- Learning disability support: [Mid-Staffs Mencap](#)

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## **Stafford Borough**

- Adult Social Care:  **0300 303 3795**  
 **staffordadultsocialcare@mpft.nhs.uk**
- Home adaptations & aids: [Stafford Borough Council DFG](#)

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## **East Staffordshire (Burton & Uttoxeter)**

- Adult Social Care:  **0300 303 0693**  
 **EastStaffsDuty@mpft.nhs.uk**
- Carer support: CASS East Staffs

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## **South Staffordshire**

- Adult Social Care:  **0300 303 3795**  
 **southstaffsasc.communitydutyteam@mpft.nhs.uk**
- Independent living: South Staffs Council Adaptations Service

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## **Cannock Chase**

- Adult Social Care:  **0300 303 3795**  
 **cannockASCcommunitydutyteam@mpft.nhs.uk**
- Carer support: CASS Cannock

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## **Lichfield**

- Adult Social Care:  **0300 303 0693**  
 **lichfield.asc.communitydutyteam@mpft.nhs.uk**

- Local advice: [CASES Citizens Advice](#)

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## Tamworth

- Adult Social Care:  **0300 303 0693**  
 [tamworthASCdutyteam@mpft.nhs.uk](mailto:tamworthASCdutyteam@mpft.nhs.uk)
- Local advice: [CASES Citizens Advice](#)

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### Need help but not sure where to start?

Call **Staffordshire Cares** on **0300 111 8010** — they can connect you with your local adult social care team, community support groups, or help you apply for direct payments.

## Staffordshire County Council – Direct Payments

**Phone:** 0300 111 8010

**Email:** [direct.payments@staffordshire.gov.uk](mailto:direct.payments@staffordshire.gov.uk)

**Address:** 1 Staffordshire Place, Stafford, ST16 2LP

Staffordshire County Council offers Direct Payments so you can control how your care is provided. Use them for personal care, community support, respite, home adaptations and more.

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## Turn2Us

**Website:** [turn2us.org.uk](http://turn2us.org.uk)

**Local advisers directory:** use the Turn2Us Advice Finder for Staffordshire Turn2Us helps people in financial need by offering free guidance on benefits, charitable grants, and money management. Use their tools to check what support you could receive.

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## Communities Together CIC

**Address:** Unit 3, Offa House, Orchard Street, Tamworth, B79 7RE

Communities Together runs community hubs and Lounges that bring health, wellbeing,

advice, and social inclusion support to local areas. They partner with health services and local organisations to deliver help right where you live.