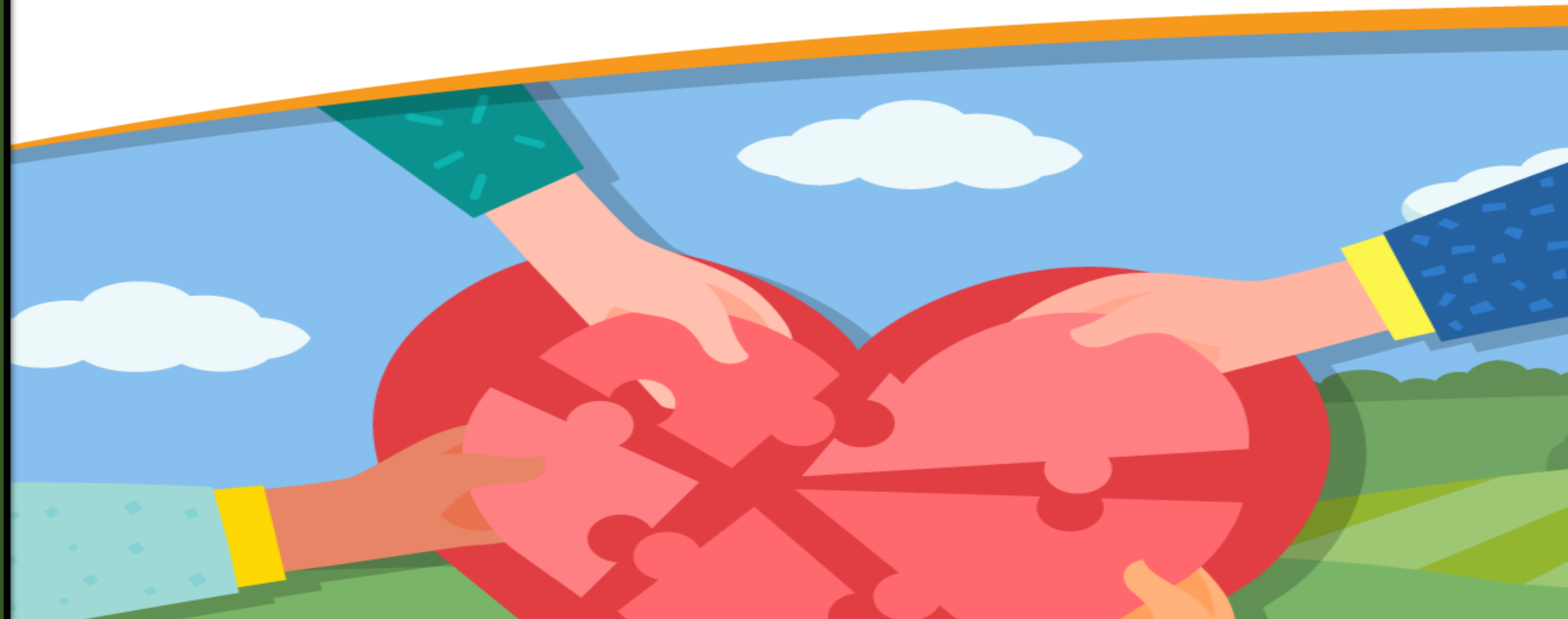


# ***Covid-19 Community Response and Recovery Grants***

***Our community offer - responding to local need &  
supporting our communities to recover in 2022/2023***



Welcome to your guide to our recently funded Voluntary, Community, Faith and Social Enterprise (VCFSE) sector in Cheshire East.






During 2021/2022 Cheshire East Council have relied on grants to ensure they can support the VCFSE sector. This enabled an environment where we can work together to meet the needs of our communities through extremely challenging times and at speed. We want to build on the last two rounds of grant funding and the amazing response to the objectives we set, by giving the opportunity for our VCFSE sector organisations to showcase their services and demonstrate the real differences that they make to our residents.

We want to enhance relationships and connectivity between organisations and create the opportunities for collaborative working, making sure that together we meet the needs of our residents by delivering services that they need and also ensuring that they are more accessible.

This document can be shared and used by anyone for self-referral or referral by an organisation. The project information included is only a small part of what the organisations do and also timescales vary for each organisation, so please contact them directly to discuss how they can support you or a client.

To make your search for services easy, we have used a key to show geographic delivery area and theme for each organisation. You can also click on the organisation logo to go to their websites where available

Area	Description	Theme	Key
BDP	Bollington, Disley & Poynton	Food provision	MD = Meal delivery    FP = Food provision
Macc	Macclesfield	Mental Health/emotional support	A = Adult    YP = Young People
Knuts	Knutsford	Practical tasks	
CHAW	Chelford, Handforth, Alderley Edge & Wilmslow	Befriending/isolation	T = Telephone    F = Face to face
CHOC	Congleton & Holmes Chapel	Hard to reach groups	L = Language support available
SMASH	Sandbach, Middlewich, Alsager, Scholar Green & Haslington	Carer support/dementia	C = Carer support    D = Dementia support
Crewe	Crewe	Digital inclusion	
Nant	Nantwich & rural area	Money advice/form filling	MA = Money advice    FF = Form filling
		Community transport	
		Supporting Community Links	
		OOH Hospital discharge	
		Social activity/loneliness	
		Fuel poverty	

Organisation	Grant funded to deliver	Contact for more information about the services and referral routes	Area covered Theme
	<p><b>The Green Tree House</b> Social Supermarket’s community team provides out of hours essential food support to people who are isolating due to the track and trace system. A delivery service to cover Cheshire East areas has been set up and is able to deliver essential food items as well as household goods and toiletries.</p>	<p>Email: <a href="mailto:tgthfoodclub@gmail.com">tgthfoodclub@gmail.com</a></p>	<p>All Cheshire East</p>
	<p><b>Chance Changing Lives</b> are funded to provide hot food for consumption at Jubilee House and NEW additional takeaway from the kitchen entrance. Free balanced meals distributed to homeless/vulnerable/impooverished guests. Takeaways and sit-down meals are served from 4:30 - 6pm every Saturday night.</p>	<p>Tel: 01270 211000 Email: <a href="mailto:chancetrustees@gmail.com">chancetrustees@gmail.com</a></p>	<p>Crewe</p>
	<p><b>Lingua GM</b> are funded to engage with Hard-to-Reach Groups focusing on supporting and re-engaging people within the Middle Eastern communities across Cheshire East. Tackling loneliness, Mental Health Support low level (befriending and higher level) for young people and adults and also supporting Digital Poverty</p>	<p>Tel: Helpline – 07814634576 Email: <a href="mailto:info@linguagm.com">info@linguagm.com</a></p>	<p>All of Cheshire East</p> 
	<p><b>Plus Dane</b> funded to deliver their Winter Campaign - an organisational collective effort to support those in need during the winter months and beyond. Key areas for this year’s campaign; Supporting Fuel poverty – Food Provision Inc. meals at home - Loneliness - Mental Health – Employment Support.</p>	<p><a href="mailto:Engagement&amp;Partnerships@plusdane.co.uk">Engagement&amp;Partnerships@plusdane.co.uk</a></p>	<p>Dane Housing residents across CE</p>



**Wishing Well (Befriending)** are funded to continue the delivery of their telephone befriending service. The primary aim of this project is to tackle loneliness and ensure that people have a friendly voice on the end of the phone who they can talk to. As well as this, the service will provide advice and guidance as well as signpost people to local services.

Tel: 01270 256919

Email: [gill.tarrant@wishingwellproject.net](mailto:gill.tarrant@wishingwellproject.net)

All Cheshire East

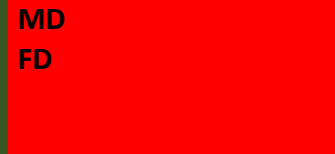


**Wishing Well (Food delivery)** are funded to bring improvements to meal delivery service so more people can be reached, providing care packages and emergency food parcels during what could be a particularly challenging winter period. The service is available every day (including weekends) and offer a varied meal and food parcel option.

Tel: 01270 256919

Email: [gill.tarrant@wishingwellproject.net](mailto:gill.tarrant@wishingwellproject.net)

Crewe, Nantwich, Sandbach, Alsager & surrounding rural areas

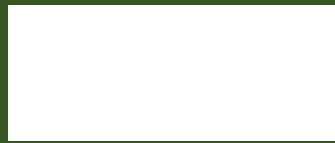


**Space4Autism** are funded to deliver an adult social club for people aged 18+ who are on the autistic spectrum or who are waiting to be diagnosed. The group offers a range of fun and educational activities aimed at encouraging post Covid socialisation, tackling loneliness, and learning new things.

Tel: 01625 617884

Email: [info@space4autism.org](mailto:info@space4autism.org)

All of cheshire East

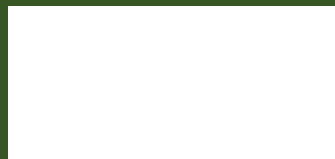


**Wrenbury Friendly Group**

**Wrenbury Friendly Club** is funded to reconnect people to their community and tackle social isolation and loneliness in our rural area by: Increasing digital inclusion, connecting people into social activity, supporting elderly people most at risk and embedding social prescribing in our community.

Tel: Felix on 01270 781177

Wrenbury and surrounding rural area



**Mobility and Access Group**

The **Mobility and Access Group** is funded to run a bus for the residents of Handforth and surrounding areas. It is aimed at vulnerable people, their Carers, the elderly and people with disabilities. The MAG bus has a tail-lift to support wheelchairs and disability aids.

Tel: Beryl Chapman on 07899663436

CHAW



**Insights Bereavement Listening Service** is funded to provide a local voluntary bereavement listening service, to support those throughout Nantwich & Rural to access a safe space to talk about loss, grief and bereavement. Offering one-to-one support for 8 weeks or more (with consultation)

Tel: 07942 337801

Email: [insightsnantwich@hotmail.com](mailto:insightsnantwich@hotmail.com)

Nantwich & Rurals

Bereavement

**NEUROMUSCULAR CENTRE**



The **Neuromuscular Centre** is funded to provide safe opportunities and activities for Cheshire East's Neuromuscular community. Targeting a hard-to-reach group of individuals and families living with a long-term condition, who have experienced significant hardship, isolation and loneliness during the pandemic period.

Tel: 01606 860911

Email: [denise.boyall@nmcentre.com](mailto:denise.boyall@nmcentre.com)

All Cheshire



**St Pauls Centre** funded to provide Weekend Emergency Food Provision, Foodbank Rapid Referrals & Snack and Soup Delivery Service

Tel: 07894 099279

Email: [Richard.holmes@stpaulscentre.org.uk](mailto:Richard.holmes@stpaulscentre.org.uk)

SMASH, CHOC, Crewe, Nantwich & rural

FD  
MD



**St Pauls Centre** funded to undertake weekend hospital discharge service from Leighton Hospital. Delivered through transport home using a local taxi firm, provision of emergency food parcel, needs assessment at the patient's home if required, signposting to other services and agencies and signposting to a local Foodbank for follow up food provision if required.

Tel: 07894 099279

Email: [Richard.holmes@stpaulscentre.org.uk](mailto:Richard.holmes@stpaulscentre.org.uk)

**SMASH, CHOC, Crewe, Nantwich & rural**



**Pearls of Cheshire** funded to provide culturally appropriate support for Black and Asian Minority (BAME) women and children in Cheshire East whilst not excluding women and children from other ethnic backgrounds. To equip and empower women and children to reach their full potential through raising awareness, training, up-skilling and social inclusivity through information, advice and signposting through drop-in sessions.

Tel: 01625 421754

Email: [info@pearlsofcheshire.org](mailto:info@pearlsofcheshire.org)

**Macclesfield and surrounding areas**



**SWANS** are funded to support young people age 11 – 18 suffering from poor mental health by offering free counselling (up to 6 sessions) to any that have suffered from the effects of the Lockdowns and Covid-19.

Email: [swans-cic@outlook.com](mailto:swans-cic@outlook.com)

**All Cheshire East**

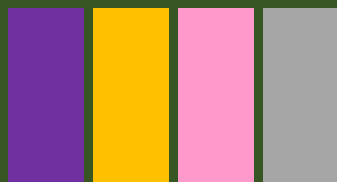






**Age UK Cheshire East** funded to enable older people in Cheshire East to feel safe, supported and practically able to self-isolate for the length of time required. Daily telephone calls to check on physical and mental health, practical needs and any concerns including befriending phone calls, information and advice services, support with shopping for food, supplies and medicines , digital support and telephone counselling

Tel: 01625 612958

Email: [enquires@ageukce.org](mailto:enquires@ageukce.org)

**Macclesfield, Knutsford, CHAW, CHOC & BDP**



	<p><b>Motherwell CIO</b> funded to deliver a Community Share Hub Delivery Service and online counselling for mums, new mums, new dads, dads to be &amp; mums to be.</p> <p>The hub will provide practical support to families by providing toiletries, school uniform, Baby Bank equipment, school stationary winter coats and school kits. Referrals will also be made to other support services</p>	<p>Counselling referrals made to:  <a href="mailto:referrals@motherwellcheshirecio.com">referrals@motherwellcheshirecio.com</a></p> <p>Orders emailed to:  <a href="mailto:motherwellhub@motherwellcheshirecio.com">motherwellhub@motherwellcheshirecio.com</a></p>	<p>Share hub – Crewe, Nantwich &amp; SMASH</p> <p>Online Counselling – All Cheshire East</p> <div style="display: flex; justify-content: space-around;"> <div style="background-color: yellow; width: 30px; height: 30px; text-align: center; line-height: 30px;">A</div> <div style="background-color: pink; width: 30px; height: 30px;"></div> <div style="background-color: orange; width: 30px; height: 30px;"></div> </div>
	<p><b>Silklife Church</b> funded to support the hospital discharge system at weekends from Macclesfield Hospital. Delivered through transport home using a local taxi firm, provision of emergency food parcel, needs assessment at the patient’s home if required, signposting to other services and agencies and signposting to a local Foodbank for follow up food provision if required.</p>	<p>Email: <a href="mailto:communitysupport@silklife.co.uk">communitysupport@silklife.co.uk</a></p>	<p>Macclesfield, CHAW, BDP, Knutsford</p> <div style="background-color: lightblue; width: 100%; height: 100px;"></div>
	<p><b>Silklife Church</b> funded to provide Out of hours and crisis provision. Includes food and household supplies during evenings and weekends for those who are vulnerable, isolated or sick.</p>	<p>Email: <a href="mailto:foodbank@silklife.co.uk">foodbank@silklife.co.uk</a></p>	<p>Macclesfield &amp; surrounding area</p> <div style="background-color: red; width: 100%; height: 50px;"></div>
	<p><b>Affordable warmth advice service</b>, known as Green Doctor. Delivery of this service will be on a 1:1 basis through home visits and/or telephone consultations.</p>	<p>Tel: Natalie Millar - Green Doctor Team Coordinator 0330 1740 863</p> <p>Email: <a href="mailto:greendoctor.CLM@groundwork.org.uk">greendoctor.CLM@groundwork.org.uk</a></p>	<p>All Cheshire East</p> <div style="background-color: black; width: 100%; height: 50px;"></div>



**Citizens Advice CE (South & Central)** funded to support people from marginalised and hard to reach groups. Helping them to address immediate practical needs, build connections and skills that will improve wellbeing going forward, through bespoke 1-2-1 support and a personalised support package. Support will also be given to those who don't have English as a first language through use of Language Line

Tel: 01270 918115

Email: [AWC@citizensadvicece.org.uk](mailto:AWC@citizensadvicece.org.uk)

All Cheshire East

MA  
FF



**Snow Angels** are funded to support people over 40 years old (from July 2022) who live at home, with the aim of reducing social isolation and improving their health and well-being. Services include:  
Practical tasks, medication reminders, befriending services, support with financial affairs including completing forms and effective signposting to specialist support and social activities.

Tel: 0300 666 0022

Email: [shammie@snowangels.org.uk](mailto:shammie@snowangels.org.uk)

All Cheshire East

T



**St John's Community Centre in Buglawton (part of Congleton Parish)** funded to provide free transportation to St John's Luncheon club where members can enjoy a 2 course hot meal and social interaction every Friday at noon for a small donation of £4

Tel: 07791 704112

Email: [peterhoudsworth@hotmail.co.uk](mailto:peterhoudsworth@hotmail.co.uk)

Congleton & Buglawton



**Chapter** funded to provide a volunteer delivered telephone listening service, called Connect, for adults living in Cheshire East experiencing loneliness/isolation and mild/moderate mental ill-health.

Tel: 01244 344409

<https://chaptermentalhealth.org/referrals/>

All Cheshire East

A





**Mentell** funded to deliver 4 in-person support groups for men across Cheshire East and maintenance of online peer support option

Email: [support@mentell.org.uk](mailto:support@mentell.org.uk)

All Cheshire East

A Males



**Pure Insight** funded to support care experienced young people to thrive through peer support and group activities

Email: [info@pure-insight.org.uk](mailto:info@pure-insight.org.uk)

All Cheshire East



**East Cheshire Hospice** funded to deliver a specialist flexible befriending and support service for people in the last year of life and for their carers

Tel: Helena Smith 01625 664984

Email: [hsmith@echospice.org.uk](mailto:hsmith@echospice.org.uk)

Macclesfield, CHAW, BDP, Congleton Knutsford

T



**The Bridgend Centre** funded to continue and expand the Bridgend Buddies, a befriending service aimed at reducing isolation for vulnerable and isolated people in our area. The service will be delivered by a team of trained volunteer buddies matched with the new clients

Tel: 01625 576311

Email: [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)

Bollington & 5 mile radius

F



**Visyon** - funded to provide parent wellbeing support through one-to-one Open Access Appointments and Parent workshops on a wide range of topics supporting young people's mental health. Topics include managing emotions; supporting your child if they self-harm or are having suicidal thoughts; supporting children through parental separation, family relationships, and loss and bereavement. Their child does not have to be under Visyon services in order for parents to access this service.

Tel: 01260 290000

Email: [louise.marsh@visyon.org.uk](mailto:louise.marsh@visyon.org.uk)

All Cheshire East

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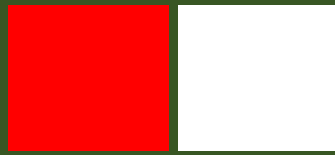
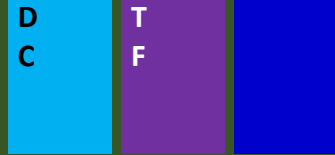
**Audlem and District Community Action (ADCA)** funded to support older people with dementia/anxiety/depression. ADCA, The Wingate Centre and Thursday Club Nantwich as a partnership aims to - help combat rural isolation and loneliness by improving people’s mental and physical health, engage people in community activity with transport provided, provide meals in a friendly environment and at home. Services cover:-  
**Audlem, Hankelow, Hatherton, Buerton, Aston, Dodcott-cum-Wilkesley, Broomhall, Sound, Wrenbury, Stapeley, Acton & Nantwich**



ADCA  
 Tel: 07984 785907  
 Email: [adca.audlem@gmail.com](mailto:adca.audlem@gmail.com)

Wingate Centre (Hot meals)  
 Tel: 01270 780456  
[office@wingatecentre.co.uk](mailto:office@wingatecentre.co.uk)

Thursday Club (Dementia support)  
 Tel: 07488 285861 Or 07580 097468  
 Email: [thethursdayclubnantwich@gmail.com](mailto:thethursdayclubnantwich@gmail.com)



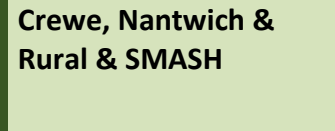
**Knutsford Grow** funded to provide a voluntary gardening service to people living in the area of Knutsford who, by reason of their age, infirmity or disability, are unable to tend their gardens and cannot pay for professional services.

Email: [karen.b.williams@me.com](mailto:karen.b.williams@me.com)



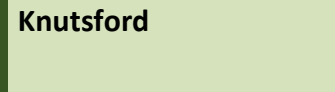
**Revival** funded to support vulnerable older people aged 55+ living at home to rebuild confidence and support with practical tasks including eg shopping, prescriptions, form filling etc, connecting them back in to their local communities and providing low level mental health support

Tel: 0333 014 3389  
 Email: [hello@thisisrevival.org.uk](mailto:hello@thisisrevival.org.uk)



**The Welcome** funded to provide a Meals on wheels service for Knutsford

Tel: 01565 750905  
 Email: [info@thewelcome.org.uk](mailto:info@thewelcome.org.uk)





**Crossroads** funded to deliver Community Links - providing a hand-holding approach, bridging the gap from home and community, working flexibly/responsively, supporting adults and/or those with disabilities/long-term health conditions living across Cheshire East.

Tel: 0333 323 1990

Email: [CLCE@crossroadstogether.org.uk](mailto:CLCE@crossroadstogether.org.uk)

All Cheshire East



**Citizens Advice (North)** funded to provide casework support to clients who have struggled to engage with mainstream services due to personal challenges, e.g mental health conditions. The adviser will be able to help with form completion, practical support such as making telephone calls to third parties or example the DWP.

Tel: 01625 708608

Email: [advice@citizensadvicecn.org.uk](mailto:advice@citizensadvicecn.org.uk)

All Cheshire East



**Knutsford Together** funded to enable a new, connected partnership between statutory and voluntary services based on a social prescribing plus model, to better connect people in need with the help they need. Support will include form filling and access relevant local services and activities.

[knutsfordtogether@gmail.com](mailto:knutsfordtogether@gmail.com)

Knutsford

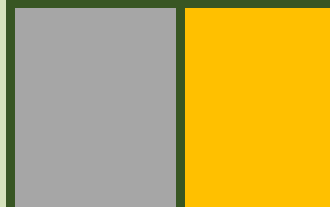


**East Cheshire Eye Society** funded to enable existing and new people with sight loss to continue to fulfil their potential by providing digital inclusion training to people who are disadvantaged because they are unable to access online services, and to improve and extend the range of online access for those who have already engaged with our service. They will also continue to provide a wide range of social, physical and mental wellbeing services for people with a visual impairment.

Tel: 01625 422602

Email: [info@eastcheshireeyesociety.org.uk](mailto:info@eastcheshireeyesociety.org.uk)

All Cheshire East



	<p><b>Friends of Crewe South Alleyways</b> funded to develop community spirit and the opportunity for residents to help improve their own neighbourhoods, addressing social isolation and loneliness and improved mental &amp; physical wellbeing through participation alleyway regeneration</p>	<p>Email: <a href="mailto:Cllr.palin@crewetowncouncil.gov.uk">Cllr.palin@crewetowncouncil.gov.uk</a></p>	<p>Crewe – specifically 23 alleyways in Crewe South</p>
	<p><b>The Old Sawmills</b> funded to provide a weekly chilled main and pudding to socially isolated people in the town. Sustainably delivered by volunteers via sustainable transport including bikes, electric bikes, trikes, electric cars and walking where possible.</p>	<p>Tel: 01260 277658 Email: <a href="mailto:info@theoldsawmill.org">info@theoldsawmill.org</a></p>	<p>Congleton MD</p>
	<p><b>Wellbeing Enterprises</b> funded to deliver The Inspire service, providing practical, social and emotional support to children and young people (CYP) living in East Cheshire. The service includes 1 to 1 assistance with a designated CYP Link Worker who undertakes a holistic assessment of needs and strengths, navigates CYP to wider support in the public and community sector, and provides access to educational support, self-help provision and bibliotherapy.</p>	<p>Tel: 01928 589 799 Email: <a href="mailto:info@wellbeingenterprises.org.uk">info@wellbeingenterprises.org.uk</a></p>	<p>All Cheshire East YP</p>
	<p><b>The Guild for Lifelong Learning</b> funded to deliver a long-term route to employment project for adults with learning disabilities</p>	<p>Tel: 01625 523903 Email: <a href="mailto:charitysupport@guildlifelonglearning.org">charitysupport@guildlifelonglearning.org</a></p>	<p>All Cheshire East</p>

During the Covid Pandemic, Cheshire East People Helping People service was supported significantly by and worked closely with many Cheshire East Voluntary, Community, and Faith organisations. Some of these were long standing organisations, some relatively newly established and others set up specifically due to the demands of the pandemic, to act as the community hub for identified community and individual need. As we now support our communities to recover, we are continuing the journey with many of these organisations who provide this vital support in their communities. This support comes in many forms through practical tasks such as shopping, collecting prescriptions, dog walking etc to befriending, community transport and links to health services and social activity in their communities – in fact too many tasks to list! The organisations below are continuing this journey with us. As all these organisations provide a broad selection of services, please contact them directly to find out what services they provide and what they can do to help

 <p><b>Alsager Community Support</b></p>	<p>From practical tasks to befriending, benefits and money advice to community transport and job support and advice, <b>Alsager Community Support</b> are available to provide a wide range of services in their community – all supported and delivered through a group of amazing volunteers. Residents can also offer their support as volunteers</p>	<p>Tel: 01270 876605          Email: <a href="mailto:info@alsagercommunitysupport.org.uk">info@alsagercommunitysupport.org.uk</a>          Or.....          Drop your message into the letterbox at 5A Lawton Road, Alsager, Cheshire, ST7 2AA</p>	<p>Alsager, Rode Heath, Church Lawton &amp; Scholar Green</p> 
 <p><b>Congleton Partnership</b></p>	<p><b>Congleton Town Partnership</b> offers a wide variety of practical support in Congleton all delivered through volunteers in their community</p>	<p>Tel: 07977 065 647          Email: <a href="mailto:Cathy.dean@congleton-tc.gov.uk">Cathy.dean@congleton-tc.gov.uk</a></p>	<p><b>Congleton</b></p> 
 <p><b>HASLINGTON SUPPORT GROUP</b></p>	<p>Together, <b>Haslington Volunteers</b> connect people in Haslington, Winterley, and surrounding areas to each other and offer opportunities to support the community. Our aim is connecting people requiring support to neighbours who can assist. We are built on the principle that at any time, any community member could need support or have something to contribute.</p>	<p>Tel: 01270 419 119          Email : <a href="mailto:haslingtonvolunteers@gmail.com">haslingtonvolunteers@gmail.com</a></p>	<p><b>Haslington, Winterley &amp; surrounding areas</b></p> 

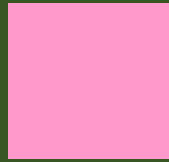


**Holmes Chapel Partnership** is an independent voluntary organisation. The purpose is to facilitate projects which benefit the whole community in and around Holmes Chapel. They offer a wide variety of practical support in the area, all delivered through volunteers in their community and want to build on the activity that has taken place during the pandemic and grow their volunteer base even more

Tel: 01477 532171

Email: [projects@hpartnership.org.uk](mailto:projects@hpartnership.org.uk)

**Holmes Chapel**



Working in partnership, **Hope in North East Cheshire** offers a wide variety of practical support to the community including shopping, prescription collection and befriending (phone or face-to-face) all ably delivered through a network of fabulous volunteers

Tel: 07503 815793

Email: [helpingmacc@hthmacc.com](mailto:helpingmacc@hthmacc.com)

**Macclesfield**



During the pandemic, **Middlewich Town Council** stepped in to be the community volunteer hub in their area. Coordinating volunteers to provide a wide variety of practical support and also managing the vaccination centre in Middlewich. They now continue to provide this practical support as their community recovers

Tel: 01606 833434

Email: [deputyclerk@middlewich.org.uk](mailto:deputyclerk@middlewich.org.uk)

**Middlewich**



Originally set up in response to the Covid pandemic, **Nantwich Buddies** continue to provide support in their local communities. Specifically providing befriending calls and visits to those who are lonely or socially isolated, helping with shopping or general tasks which are proving difficult and signposting to other organisations for more specific support. Nantwich Buddies now also run several community groups including The Happiness Hub and Community Stage and a small Volunteer Transport Service for people who need help getting to appointments.

Tel: 01270 440750

Email: [info@nantwichbuddies.org](mailto:info@nantwichbuddies.org)

**Nantwich & Rurals**



## What happens next?

Monitoring and evaluation is one of the most important parts of the funding and project journey. We have to monitor and evaluate any investment – it is public money that we are distributing, and we need to know that we are investing wisely and supporting the development of services that are needed by the community. As part of the evaluation some of the projects that have met local need will provide good intelligence that may lead into future commissioning intentions.

This is also about us building an open, honest and supportive relationships with funded organisations to make sure we all get the best out of any investment. Having put in all this effort into delivering the projects and collecting all of the monitoring information, working out what it means for organisations going forward is key for any next steps. We will be working closely with organisations and their service users to capture all of this vital information

In addition to these, if you are a referrer to one of the services in this brochure and would like to share your experiences, it would be great to hear from you too

Any comments can be emailed to [communitygrants2@cheshireeast.gov.uk](mailto:communitygrants2@cheshireeast.gov.uk) or we are happy to have a chat

For details about any funding opportunities please visit [www.cheshireeast.gov.uk/communitygrant](http://www.cheshireeast.gov.uk/communitygrant)

This also includes our Crowdfunding platform CE Crowd, where you can see live Crowdfunding campaigns in our community and how to participate in future rounds [www.spacehive.com/movement/CE](http://www.spacehive.com/movement/CE)

We also provide the opportunity for organisations to access bespoke funding searches through Grantfinder so please email [communitygrants2@cheshireeast.gov.uk](mailto:communitygrants2@cheshireeast.gov.uk) to book a session or just to find out more information