

Your guide to support and opportunities



At Plus Dane, we're committed to helping you access the support you need. From financial help to digital skills and wellbeing support, we offer free programmes to make things easier. Below is an overview of what's available to you.

Lightning Reach

Lightning Reach is a free, secure online portal that helps you find and apply for **financial support** in one place. It can help with rising energy costs, home energy-efficiency improvements, and winter essentials. The service matches users to over 2,500 schemes, with successful applicants typically receiving **over £1,000**.

Learn more or apply at:

www.lightningreach.org/application-portal?referral=plusdane



Digital Support

We've partnered with **We Are Group** to deliver digital skills training to Plus Dane customers and colleagues. This initiative helps break down barriers to online services, with group and one-to-one sessions covering emails, online banking and shopping, Plus Dane's digital services, social media, and staying safe online.



Wellbeing Support

We work with partner organisations across Merseyside and Cheshire to provide **bespoke, low-level, one-to-one mental health support**, free of charge for Plus Dane residents.



For more information, contact:
Engagement&Partnerships@plusdane.co.uk





Liverpool in Work (Merseyside)



If you're **over 16, living in Liverpool**, and want to **improve your skills** or **change your career path** - whether **unemployed** or **in work** - Liverpool in Work offers **tailored opportunities** to support you.

Services include **apprenticeships, training programmes, job clubs**, and **one-to-one guidance** to help you **gain confidence, develop new skills**, and **progress in your career**.

Email: lisa.jones3@liverpool.ac.uk
Phone: **07841 725199**

Springboard (Cheshire East)



Springboard provides **specialised one-to-one support** to help customers achieve their potential through **nationally recognised qualifications** and **sustainable career opportunities**.

Support includes **careers advice, confidence building, skills audits, mentoring, CV support, interview practice, job search assistance**, application help, **specialist qualifications**, and **in-work support**.

Email: emma@springboard.me.uk

Wellbeing Enterprises CIC (Merseyside)



We've partnered with Wellbeing Enterprises CIC to support customers across **Merseyside** in improving their **health and wellbeing**.

The service provides **practical, social, and emotional support**, helping customers recognise their strengths, focus on what matters most, and take positive steps towards **better wellbeing**.

Customers can access **one-to-one support** from a dedicated **Wellbeing Officer**.

Email: info@wellbeingenterprises.org.uk
Phone: **01928 589799**

Wellbeing First (Cheshire)

Wellbeing First is available to Cheshire residents experiencing **low mental wellbeing**, including **stress, anxiety, worry**, or **low mood**.

Our friendly, compassionate team has supported more than 120 customers to improve their mental health through personalised **psychological support**, including **one-to-one mentoring, psychoeducation, resilience building, confidence building, wellbeing coaching, self-help**, and **goal setting**.

Yvonne and Isobell offer **flexible telephone support** at times that suit you, helping you feel better and more in control of your wellbeing.

Email: wellbeingfirst@makingspace.co.uk

