

Knowsley Support Directory



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Food Support Services in Knowsley



Knowsley - Food Banks

Knowsley Food Support

Open Monday to Friday 10 am to 4.30 pm.
0151 538 8243

St George's Church

46 Primrose Drive, Huyton, L36 8DW
0151 489 1394
Open Monday 12 pm to 2 pm

Kirkby Market Stalls

118-119 Market Square, L32 8RQ
Open Friday 12 pm to 2 pm

Stockbridge Community Hub

The Croft, Stockbridge Village, L28 1NR
0300 123 55 22
Open Wednesday 12 pm to 2 pm

Salvation Army Prescot

Warrington Rd, Prescot, L35 2UA
0151 426 2278
Open Wednesday 12 pm to 2 pm

St Dominics Church

Southdean Road, Huyton, Liverpool, L14 8UL
0151 477 0250
Open Thursday 12 pm to 2 pm

St Mary's

Leathers Lane, Halewood, Liverpool, L26 9TS
0151 487 9965
Open Saturday 10 am to 12 pm

St Andrew's Church

St Andrews View, Highfield, Towerhill, L33 1ZF
07967 302127
Open Monday 12 pm to 2 pm

Pride Centre

2 Simonswood Lane, Kirkby L33 5YP
0151 443 3257
Open Tuesday 11 am to 2.30 pm

Changing Lives

101-105a Cherryfield Drive, Kirkby L32 8SA
0151 546 0470 or 07731 789794
Open Friday 11 am to 2.30 pm

Apostolic Church

433 Liverpool Road, Huyton, L36 8HT
0151 449 2921 **Open Monday 11 am to 2 pm**

St Jude's Church,

Roundhey, Stockbridge Village L28 1RQ
Open Wednesday 11.30 am to 2 pm

Page Moss Baptist Church

Page Moss Lane L14 OLX
0151 489 9304 **Open Tuesday 12 pm to 2 pm**

Huyton Parish Church,

Bluebell Lane, Huyton L36 7SA
07926 693495 **Open Friday 11.30 am to 2 pm**

Food Pantries

Deysbrook Community Centre,

2 Deysbrook way, L12 4XF
0151 254 1156
Weekly Fee £3.50 to £5
Open Tuesday and Thursday 10 am to 12 pm

Stockbridge Community Hub

The Croft, Stockbridge Village, L28 1NR
0300 123 55 22
Weekly Fee £3.50 to £5
Open Tuesday 12pm – 2pm and Thursday 10.30 am to 12.30 pm

Food Support Services in Knowsley



Kirkby Market Stalls

118-119 Market Square, L32 8RQ

Weekly Fee £3.50 to £5

Open Tuesday 12 pm to 2 pm

Care Merseyside Tower Hill Community

Centre, Ebony Way, L33 1XT

Weekly Fee £3.50 to £5

Open Tuesday 12.30 pm to 2.30pm

Friends of Eaton Street Park

Eaton Street, Prescot, L34 6DH

0151 292 4458

Weekly Fee £3.50 to £5

Open Wednesday 11.30 am to 1.30 pm

St George's Church

46 Primrose Drive, L36 8DW

0151 489 1394

Weekly Fee £3.50 to £5

Open Wednesday 11.30am - 2pm

Roby Community Centre

Merton Crescent, Huyton with Roby, L36 4LD

0151 559 3065

Weekly Fee £3.50 to £5

Open Wednesday and Friday 12 pm to 2 pm

St Michael's Huyton

Parish Church Hall, Bluebell Lane, L36 7SE

07926 693495

Weekly Fee £3.50 to £5

Open Friday 12 pm to 2 pm

Social Supermarkets

Torrington Drive Community Association

New Hutte Neighbourhood Centre, Lichfield Road, Halewood, L26 1TT

0151 443 2168

Register at <https://tdcaonline.co.uk/>

National Organisations

Too good to go - The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses. <https://www.toogoodtogo.com/en-gb>

OLIO - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need. <https://olioapp.com/en/>

Trussell Trust Helpline - 0800 915 4604

Open Monday to Friday, 9am – 5pm

Salvation Army

Run food banks year-round from many of their churches and community centres.

OddBox - Fighting food waste

<https://www.oddbox.co.uk/>

Furniture Support in Knowsley



Council Support

Knowsley Council Emergency Support Scheme

If you are experiencing an upheaval the scheme may support you if you need furniture / white goods to help you settle back into the community under specific circumstances, or to avoid you having to enter institutional care.

For example:

If you are leaving care, leaving prison, fleeing domestic violence, homeless and leaving Local Authority temporary accommodation, e.g. a hostel, homeless accommodation, or a hotel

If you are at risk of going into institutional care, where the essential item/s would prevent you going into care.

If you cannot apply online, you can ring our contact centre on 0151 443 3200

Charities

Glasspool Trust

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

<https://www.glasspool.org.uk/>

Buttle UK

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buttleuk.org/apply-for-a-grant/>

Family Fund

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

<https://www.familyfund.org.uk/>

Facebook Groups

There are several groups on Facebook that offer free or low cost furniture.

These include:

People Help The People (Liverpool)

Liverpool FREEcycle

Everything's free Liverpool

Resources

Reuse Network

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

Furniture Support in Knowsley



Second Hand Furniture Websites

Facebook Market Place and Groups

Gumtree

FreeCycle

Pre-Loved

Freeads

VivaStreet

Freegal

Charities

Bulky Bobs Furniture World

129-139 London Road, Liverpool, L3 8 JA

0151 305 5200

Recipro (UK) Ltd

Work with suppliers and contractors, who donate unwanted, surplus building materials to which they can sell on at hugely discounted rates

Unit 2 Britannia House, Dock Road, CH41 1DF

0151 639 0651

Furniture Charity Shops

Willowbrook Hospice Prescot

Prescot Shopping Centre, Eccleston Street, L34 5GA

0151 541 7806

Open Monday to Saturday 10 am to 4 pm

Willowbrook Hospice Rainhill

9 Dane Court, Weaver Avenue, Rainhill, L35 4LU

0151 426 9940

Open Monday to Saturday 10 am to 4 pm

Willowbrook Hospice Stockbridge Village

2 The Croft, Stockbridge Village, L28 1NR

0151 480 9796

Open Monday to Saturday 9 am to 4 pm

North West Air Ambulance Charity

692-696 Prescot Road, Old Swan, L13 5XG

0151 705 0375

**Open Monday to Saturday 9.30 am to 4.30 pm
and Sunday 10 am to 4 pm**

Big Help

Big Help Trading has a diverse list of activities, as well as our retail shops which are divided into 2 brands, 'Community Shops' and 'Homes with Style', we also receive, collect and donate all manner of pre-loved appliances and furniture to local people who need support.

Big Help Project Huyton

53 Derby Rd, Huyton, Liverpool L36 9UQ

0151 482 6089

Big Help Project Prescot

Prescot Shopping Centre, Eccleston St, L34 5GA

0151 482 6089

Big Help Huyton Homes with Style

38 Derby Rd, Huyton, Liverpool L36 9UJ

0151 673 1057

The Community RePaint scheme collect reusable, leftover paint and redistribute it to individuals, families, communities and charities in need, improving the wellbeing of people and the appearance of places across the UK.

<https://communityrepaint.org.uk/>

Available Prescot, Huyton and Kirby.

Kirkby, Liverpool (Painting Green)

This scheme offers Full cans of paint and part full cans of paint.

4-6 Yardley Road Kirkby Liverpool L36 6AP

0151 673 0949

Monday to Friday 12 pm to 4 pm

Cost of Living Support in Knowsley



Council Support

Emergency support scheme

The council has a very limited fund to provide help to Knowsley residents with food and/or fuel in an emergency that:

- Is unforeseen,
- Could not have been avoided, or
- Poses a potential risk to the health and safety of you or your family.

The scheme may provide some support for essential items of furniture and/or white goods in very specific circumstances where the resident has suffered a major upheaval.

<https://www.knowsley.gov.uk/residents/benefits-and-grants/emergency-support-scheme>

The Council is working with Energy Projects Plus to provide free advice and help to residents with their energy costs. **Residents can call the Save Energy Advice Line on 0800 043 0151 Monday to Friday, 9-5, or email advice@epplus.org.**

Knowsley Council's dedicated Financial Advice line

Find out more about free sources of money and debt advice, and credit unions.
0151 443 3300

Citizens Advice Knowsley

142 Cherryfield Drive, Kirkby, L32 8RX
27 Cavendish Walk, Huyton, L36 9YF
advice@citizensadviceknowsley.org.uk
0808 278 7839

Help with Council Tax debt and managing money

Money Advice Service - 0300 500 5000

National Debt Line - or call 0808 808 4000

Libraries

Local libraries offer a range of support services.

Knowsley Library Service Contact

0151 443 3734

yourlibrary@knowsley.gov.uk

Halewood Library

The Halewood Centre, Roseheath Drive, L26 9UH.

Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm

Huyton Library

Civic Way, Huyton, Knowsley, L36 9GD.

Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm

Kirkby Library

Norwich Way, Kirkby, Knowsley, L32 8XY

Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm

Prescot Library

The Prescot Centre, Prescot Shopping Centre, Aspinall Street, Prescot, L34 5GA.

Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm

Stockbridge Library

The Withens, Stockbridge Village, L28 1AB

Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm

Credit Unions

Enterprise Credit Union

0151 482 0177

contact@enterprisecreditunion.org

Page Moss Branch

5-7 Page Moss Lane, Liverpool, L14 0JJ

Hall Lane Branch

Hall Lane Huyton, Liverpool, L36 6AX

Partners Credit Union

2nd Floor, LCVS, 151 Dale Street, L2 2AH

partnerscreditunion.co.uk

0151 258 1014

enquiries@partnerscreditunion.co.uk

Knowsley Mutual Credit Union

11 Market Square, Kirkby, Merseyside, L32 8RG

0151 545 3380

Local Support

Prescot and Whiston Community Advice Centre

The Centre provides a free and impartial welfare rights service including welfare benefit advice, assistance with benefit applications, advice on the appeals process and help lodging appeals to those who reside or work in the Borough of Knowsley.

Prescot One Stop Shop, Prescot Shopping Centre, Aspinall Street, Prescot, Merseyside, L34 5GA

0151 443 4639 prescotadvice@btinternet.com

Households into Work

Help into employment

hiw@liverpoolcityregion-ca.gov.uk

Fuel and Energy Support

Energy Projects Plus

Free and impartial advice to help you save money on your energy bills.

0800 043 0151

<https://www.epplus.org.uk/>

British Gas Energy Trust

<https://britishgasenergytrust.org.uk/>

Scottish Power Hardship Fund

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

E.On Energy Fund

<https://www.eonenergyfund.com/>

Support from Banks

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

National Debt services

Turn2us

Turn2us is a national charity providing practical help to people who are struggling financially.

0808 802 2000 www.turn2us.org.uk

National Debtline

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.

0808 808 4000 www.nationaldebtline.org

Welcoming Spaces in Knowsley



Libraries

All libraries are currently open from 10am until 5pm Monday to Friday and from 10am until 1pm on Saturday.

All of the borough's libraries provide free access to PCs and WiFi, so as well as using the library as a Warm Hub, you can also use the PCs to find out the latest cost of living help and support that is available as well as comparing prices for your energy and phone tariffs etc.

They are located at:

Halewood Library

Roseheath Drive, Halewood, L26 9UH
0151 443 2086

Huyton Library

Civic Way, Huyton, L36 9GD
0151 443 3734

Kirkby Library

Norwich Way, Kirkby, L32 8XY
0151 443 4289

Prescot Library

The Prescot Centre, Aspinall Street, L34 5GA
0151 443 5101

Stockbridge Library

The Withens, Stockbridge Village, L28 1AB.
0151 443 2501

Welcoming Spaces

Welcome spaces to be announced October 2023

Digital Inclusion Support in Knowsley



National Organisations

Job Centre Support

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

Your work coach will be able to help support you to access further information

Social Tariffs

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

Visit www.ofcom.org.uk and search social tariffs to find out more.

The Department for Education

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work. To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills

Get Online @ Home

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

<https://www.getonlineathome.org>

Family Fund

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

www.familyfund.org.uk

The Charity Excellence

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

www.charityexcellence.co.uk

The National Data Bank

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

www.goodthingsfoundation.org

National Device Bank

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

<https://www.onlinecentresnetwork.org>

Digital Inclusion Support in Knowsley



Libraries

Knowsley Libraries have partnered with the Good Things Foundation, to offer free SIM cards to those who are experiencing data poverty.

The National Databank scheme is supported by UK mobile networks Vodafone, O2 and Three, and offers vital connections for anyone cut off from the basic daily activities most people take for granted, such as accessing services online, preparing for a job interview, finding essential health information online or indeed keeping in touch with loved ones.

A person can have access to data for up to 12 months and we are unable to guarantee that the SIM cards will be compatible with all devices.

Eligibility criteria

To be able to receive data through the National Databank you must be 18+ years old and be from a low-income household

You must also qualify in one of the following statements:

- Have no access or insufficient access to the internet at home
- Have no or insufficient access to the internet when away from the home
- Cannot afford their existing monthly contract or top up

Local libraries offer digital skills learning, you can book time on a PC and use their learning resources.

Knowsley Library Service Contact

0151 443 3734 yourlibrary@knowsley.gov.uk

Halewood Library

The Halewood Centre, Roseheath Drive, L26 9UH.

**Open Monday to Friday 10 am to 5 pm and
Saturday 10 am to 1 pm**

Huyton Library

Civic Way, Huyton, Knowsley, L36 9GD.

**Open Monday to Friday 10 am to 5 pm and
Saturday 10 am to 1 pm**

Kirkby Library

Norwich Way, Kirkby, Knowsley, L32 8XY

**Open Monday to Friday 10 am to 5 pm and
Saturday 10 am to 1 pm**

Prescot Library

The Prescot Centre, Prescot Shopping Centre, Aspinall Street, Prescot, L34 5GA.

**Open Monday to Friday 10 am to 5 pm and
Saturday 10 am to 1 pm**

Stockbridge Library

The Withens, Stockbridge Village, L28 1AB

**Open Monday to Friday 10 am to 5 pm and
Saturday 10 am to 1 pm**

Knowsley College

Offer several free or low cost courses to help build up IT Skills

Huyton Liverpool L36 3SD

0151 477 5850

info@knowsleycollege.ac.uk

Learn My Way

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

www.learnmyway.com

Barclays Digital Wings

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

Riverside

Digital Inclusion Support in Knowsley



FutureLearn

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

www.futurelearn.com

WEA

Basic IT training
Old School House, St John's Rd, L36 OUX
0300 303 3464

Centre63

Open to anyone but appointment needed
Old Hall Lane, Kirkby, L32 5TH
0151 549 1494

Activate CES

Bracknell Centre Bracknell Avenue Kirkby, L32 9PW
01515451279
johnschaer@activateces.org.uk

Stockbridge Community Engagement Forum

Open but membership/appointment needed
19 Whitethorn Drive, Stockbridge Village, L28 1NX
03001 235 522

Knowsley Family & Community Education

Basic Training and Qualifications
St John's Info Zone, Huyton, L36 OUB
07810053971

Knowsley Disability Concern

263A Tarbock Road, Huyton, L36 OSD
0151 480 4090 info@kdc.org.uk

The Big Help Project

Link Road Depot, Link Road, Liverpool, L36 6AP
0151 546 0470 contact@bighelpproject.com

Young Adult Respite Service CIC

11 Emelia Drive, Prescot, L34 1AX
07403199954 info@yars.org.uk

Merseyside Youth Association

Specific Demographic Group - Merseyside Youth Association Service user
Our Place, Longview Drive, L36 6EG
0151 702 0700

St Gabriels Community Centre

Basic IT training
Hall Lane, Huyton, L36 6AZ
07884317112

Torrington Drive Community Association

New Hutte Neighbourhood Centre, Lichfield Road, L26 1TT
0151 443 2168

Riverside

Youth Provision in Knowsley



School Holiday Support (HAF)

Holiday Activities

During school holidays children and young people aged 5-16 years old, including children with SEND or additional needs, can access free activities and a meal.

For a list of providers please search the link below.

<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

Children's Centres

Children's centres bring together a range of free services for children from birth to five, and their families. Services vary at each centre according to local community needs but all centres provide child and family health, family support services and a range of parent and toddler activities.

Knowsley Early Years Service

EarlyYearsService@knowsley.gov.uk

To contact your local Children's Centres call 0151 443 5633 and use from the options below.

Option 1 – The Pride, The Eden & The Star Centres (Kirkby)

Option 2 – Jubilee & Stockbridge (Huyton) and Southmead (Whiston) Centres

Option 3 – New Hutte Child & Family Hub (Halewood) and Hilltop (Huyton) Centres

Option 4 – Child Information Service (CIS) and Family Information Service (FIS)

Option 5 – Two Year Offer Enquiries

Option 6 – Child Development Team (CDT) and Special Educational Needs & Disability (SEND) Enquiries

Huyton Children's Centres

Bedford Close, Huyton, L36 1XH

Jubilee Children's Centre,

C/O St Aloysius Primary School, Twig Lane, L36 2LF

Stockbridge Village Children's Centre

The Withens, Stockbridge Village, L28 1AB

New Hutte Children's and Family Hub

Lichfield Road, Halewood, L26 1TT

The pride Children's Centre

2 Simonswood Lane, Northwood, Kirkby, L33 5YP.

The Eden Children's Centre

At Westvale School, Meverley Road, Westvale, Kirkby, L32 0RQ

The Star Children's Centre

St. Andrew's View, Tower Hill, Kirkby, L33 1ZF

Southmead Children's Centre

Sherwood Drive, Whiston, Knowsley, L35 3XZ

Organisations and Community Groups

Comics Youth CIC

Comic Book Creation and Reading Workshops every Thursday

Centre 63, Old Hall Lane, Kirkby, L32 5TH

Junior workshop - 8-12 years 4.30 pm to 6.30 pm

Senior workshop - 13-18 years 6.45 pm to 8.30 pm

Centre 63, Old Hall Lane, Kirkby, L32 5TH

07525 369 624

rhiannon@comicsyouth.co.uk

Riverside

Youth Provision in Knowsley



Comics Youth

Suite 3.3, Tempest Building, 12 Tithebarn Street,
Liverpool, L2 2D

0151 236 1800 hi@comicsyouth.co.uk

Safe Spaces- Reclaiming Community Spaces

For 14-25 year olds to create their own legacy event within Liverpool for LGBTQIA+ people with a focus on mental health. **Friday 4.30 pm to 6.30pm either online or face to face depending on your access needs.**

Here For The Nerds

Open access for 14-25 year olds- play games/get creative/make friends. Free food and drinks each session. **Saturday 1.30 pm to 3 pm**

YPAS Young People Advisory Service

YPAS offers a wide range of support, wellbeing and therapeutic services for children, young people and families in Merseyside.
YPAS North Hub, Croxdale Road West, Liverpool, L14 8YA
0151 305 2040 support@ypas.org.uk

Muslim Youth Helpline (MYH)

0808 808 2008 help@myh.org.uk

Virtual KEEN

Inclusive online activities for young people
<https://www.keenuk.org/virtualkeen>

Netherley Youth and Community Initiative

41 Damson Road, Netherley, Liverpool, L27 8XR
Youth Club (ages 4 to 7) - Monday from 5.30 pm to 7 pm.
Year Old Youth Club (ages 8-12) - Tuesday and Wednesday from 5.30 pm to 7 pm
Over 12s Youth Club - Tuesday and Wednesday from 7 pm to 8.30 pm
0151 487 6421 Sharon@nyci.co.uk

Southdene Community Centre

Broad Lane, Kirkby, L32 6QG
Youth Club Tuesday (ages 11 to 25) 6.45 pm to 9.15 pm
0151 289 0419
southdenecommunitycentre@gmail.com

Butterflies Project

Butterflies is Listening Ear's award winning specialist support programme for children and young people aged 4 to 15 years experiencing bereavement, divorce/separation, domestic abuse, suicide, murder or other family loss.
174 Dragon Lane, Whiston, L35 3QY
0151 493 2301
enquiries@listening-ear.co.uk

Centre 63

Activities such as: recreation, sport, music sessions, arts-based classes, drama projects, issue-based workshops and accredited learning programmes in Mental Health First Aid.
63, Old Hall Lane, Kirkby, Liverpool L32 5TH
0151 549 1494
Monday and Wednesday
Junior sessions: 4.30 pm to 6.45 pm
Senior sessions: 6.45 pm to 8.30 pm

Imagine If Trust: 'The Zone Youth Hub'

Fun, safe and active sessions for primary school aged children, providing a stimulating environment where children can thrive and grow in confidence.
147 Lawrence Road, Liverpool, L15 3HA
info@imagineiftrust.org

Riverside

Youth Provision in Knowsley



Autism in Motion

St Georges hub, Waresley crescent L9 6BW
aimautism@hotmail.com

Al-Ghazali Centre: 'Youth Mental Health Support Programme'

Mental health workshops and activities for young people aged 12 to 18 years.
Addressing mental health promotion in youth outside of educational settings
35 Earle Road Liverpool L7 6HA
0151 734 3843 info@alghazalicentre.co.uk

Autism Adventures Training CIC: 'My Mental Health- What's OK?'

Project aimed at people with autism to improve understanding of and break down barriers to mental health, as well as providing tools and strategies to manage emotions and feelings
Addressing mental health promotion in youth outside of educational setting, financial insecurity, debt and loneliness
info@liverpoolautismadventures.co.uk

Street League

Helps unemployed young people 16-24 find work, training, apprenticeships, education and traineeships.
0800 331 7600
info@streetleague.co.uk

Priority Youth Project: 'Priority Youth Counselling Support Programme'

A 1-1 counselling service for children and young people aged 8-19 years.
St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA
07523 650 956 hello@priorityyouth.co.uk

National Services

National Citizenship Service

Delivers a range of experiences for young people across the UK. <https://wearencs.com/>
0800 197 8010

Duke of Edinburgh

Delivers a range of experiences for young people across the UK.
<https://www.dofe.org/>

MYA (Merseyside Youth Association)

MYA offers a range of projects and activities that support young people up to age 25.
65-67 Hanover Street, Liverpool, L1 3DY (main office - activities delivered across Liverpool)
0151 702 0700 admin@mya.org.uk
<https://mya.org.uk/projects/>

The Lee Cooper Foundation #LetsChatDropInCentre

The #Let'sChat drop in sessions are held weekly for teenagers who are suffering with their mental health, who need to build their social skills or just simply need guidance on how to navigate being a teen. The Old School House, St Johns Road, L36 OUT
Thursday 6.30 pm to 8.30 pm
07983717415
Lily@theleecooperfoundation.co.uk

Riverside

Family Support in Knowsley



For support during the school holidays

MPAC MPAC have a list of organisations that deliver food support and activities during the school holidays. To find out more visit:
<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>

Community groups

Baby Basics

Hope House, Boaler Street, Liverpool L6 6AE
<https://baby-basics.org.uk/>

Centre 56 Women & Children's Aid Centre

Here for families in crisis, whatever the situation
Rumney Road, Liverpool, L4 1UB
0151 727 1355 hello@centre56.org.uk

Knowsley Parent Carers Voice

Knowsley Parent Carers Voice are a group of parents and carers of children with special education needs and disabilities from Knowsley.
Knowsley PCT, Ebony Way, Liverpool, L33 1XT
07376 233141/07368 117415
Infokpcv@gmail.com

Knowsley Carers Centre

Knowsley Carers Centre is an independent, local registered charity and network partner of Carers Trust. We provide a range of services to support and enhance the lives of unpaid carers throughout Knowsley.

Kirkby Office: 143 Bewley Drive, Kirkby, L32 9PE
0151 549 1412
enquiries@knowsleycarers.co.uk

Halewood Office: New Hutte Neighbourhood Centre Lichfield Road, Halewood, L26 1TT
0151 448 9771

Huyton Office: The Old Schoolhouse, St Johns Road, Huyton, L36 0UX
0151 482 6279

Advocacy Together

The Advocacy Together Hub Knowsley brings together all advocacy services in Knowsley and provides a single point of referral.
Prescot House, 3 High Street, Prescot, L34 3LD
0151 426 3174/07484 935748
knowsley-advocacy@together-uk.org

Period and Hygiene Product Support

Many food banks, pantries and community centres will have access to free sanitary products.

Bloody Good Period -

hello@bloodygoodperiod.com

Morrisons - Package for Sandy

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for 'Sandy' or a 'period product pack'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

Freedom4Girls - provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK
<https://www.freedom4girls.co.uk/request-products/>

The Trussell Trust

Search the Trussell trust website to find your local centre.
<https://www.trusselltrust.org/>

Older People Support in Knowsley



Age UK Advice Line - 0800 678 1602

Tax Help for Older People

01308 488066 taxvol@taxvol.org.uk

Dementia UK - 0800 888 6678

Re-engage

Group and one-to-one social activities will help older people connect with others.

0800 716543

The Silver Line - 0800 4 70 80 90

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Omega (befriending service for caregivers / carers)

Chatterbox Action Against Loneliness telephone chat

01743 245088 chatterbox@omega.uk.net

A Letter from Louise pen pal befriending

01743 245 088

aletterfromlouise@omega.uk.net

Merseyside Fire & Rescue Services: Home Fire Safety Checks

If you live in Merseyside, you can phone **0800 731 5958** for **free** fire safety advice or to request a Home Fire Safety Check visit

Merseyside Dementia Friendly Radio

Independent, online radio station that is run in collaboration with and for the benefit of those who live in the Merseyside area whose lives are affected by dementia. vianat@mdfr.co.uk

07768 139708 nat@mdfr.co.uk

City Wide Support

Liverpool Cares

Liverpool Cares is a community network of younger and older neighbours hanging out and helping one another in our rapidly changing city.

Liverpool Cares,
Studio D, Baltic Creative, 49 Jamaica Street,
Liverpool, L1 0AH

0151 659 1789 liverpoolcares.org.uk

The Brain Charity

Helping people with all forms of neurological conditions to lead longer, healthier, happier lives
Norton Street, Liverpool, L3 8LR

0151 298 2999

Bradbury Fields

services for Blind and Partially Sighted People
The Bradbury Centre, Youens Way, Liverpool, L14 2EP.

0151 221 0888 ext 214

jabdullah@bradburyfields.org.uk

Local Solutions

Liverpool Carers Centre delivers a city wide community based programme of activities and training that ensures a range of support is available to unpaid carers in Liverpool

0151 705 2307

healthandwellbeing@localsolutions.org.uk

AbilityNet

Free computer support to disabled people and older people, provided by volunteers.

0800 048 7462 enquiries@abilitynet.org.uk

Riverside Older People Support in Knowsley



Netherley Youth and Community Initiative - Over 50's Club

41 Damson Road, Netherley, Liverpool, L27 8XR
Wednesday 1 pm to 2.45 pm

Age UK - Knowsley and West Mersey

01744 752 644

enquiries@aukmm.org.uk

Rainbow 50 Plus Community

259-261 Boaler Street, Liverpool, L6 9DH

07795 433970/07717 398475

dee@therainbowcommunity.org

Smile TLC LTD (supports those affected by dementia)

Organises social events and support to people living with dementia and their family members.

0151 374 0112 support@smile-tlc.co.uk

Knowsley Older People's Voice

It delivers member events 3 or 4 times a year providing key information (often provided by guest speakers from NHS, Knowsley Council Services, and other relevant agencies) as well as a social get together.

Knowsley Older People's Voice, Healthwatch Knowsley, The Old School House, St Johns Road, Huyton, Knowsley, L36 OUX

0151 449 3954

Jen.Casey@healthwatchknowsley.co.uk

The Good Companions Club

The Good Companions Club supports senior citizens to make friends by meeting once a week in a social atmosphere a self-supporting club with opportunities for days out (Summer) activities include speakers, bingo quiz and refreshments.

St Marks Annexe, Penman Crescent, L26 OUG

0151 486 3992

Knowsley Older Peoples Fun Olympics

Aim to improve the health and well-being of older people through enjoyable and fulfilling activities.

Kirkby Sports Centre, 105 Cherryfield Drive, Kirkby, L32 8SA

Wednesdays 1 pm to 4pm

Halewood Leisure Centre, Baileys Lane, Halewood, L26 0TY

Thursdays 10.30 am to 12.30 pm

Knowsley Leisure and Culture Park, Longview Drive, Huyton, L36 6EG

Thursdays 1.30 pm to 3.30 pm

0151 430 7710

Geoff.lyon1@virginmedia.com

Liverpool Cares

Connects younger and older neighbours for conversation, company and companionship through their free Social Clubs programme.

07701 352495/0151 659 1789

sophie.mason@liverpoolcares.org.uk

New Primrose Pensioners Club

Social club for older people to meet, chat and make friends. Tea/coffee and biscuits are provided. Weekly activities and day trips.

New Primrose Club, RAFA Club 6 Ellison Grove, Huyton Village, L36 9GA

0151 489 3150 marie-mcginn@hotmail.co.uk

Lickers Lane Pensioners Luncheon Club

George Howard Centre, Lickers Lane, Whiston, L35 3SR

Contact to find out more. **0151 292 4159**

whistontowncouncil@tiscali.co.uk

Mental Health and Wellbeing Support in Knowsley



National Support - Anxiety and Depression Support

Calm

CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year

0800 58 58 58

Samaritans

Contact us if you're having a difficult time or if you're worried about someone else.

jo@samaritans.org or call 116 123

Shout free 24-hour text help

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

It's a place to go if you're struggling to cope and you need immediate help.

Mental Health Matters - National Support

0191 516 3500 info@mhm.org.uk

Depression UK

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

Hub of Hope

<https://hubofhope.co.uk/>

Addiction

Gambling Support

GamCare - 0808 8020 133

Alcoholic's Anonymous

National Helpline **0800 9177 650**

help@aamail.org

Liverpool Support Services

Halton, Knowsley, St Helens and Warrington Mental Health Urgent Support

For all ages – children, young people and adults.

If you need urgent mental health support, please call our 24/7 freephone crisis line on: **0800 051**

1508

Talking Therapies Knowsley

Talking Therapies offer free NHS therapy for people in Knowsley with common mental health problems like anxiety or depression, to help you change the way you feel by changing the way you think.

Talking Therapies Knowsley

Whiston Primary Care Resource Centre, Old Colliery Road, Whiston, L35 3SX

0151 351 8600 - choose option 1

Liverpool CAMHS (age 0 to 25)

FRESH Building, Alder Hey Children's Hospital, Liverpool, L12 2AP

0151 293 3662

camhs.referrals@alderhey.nhs.uk

Crown Hub

Crown hub is a day service offering support to adults experiencing mental health issues. This is a short term re enablement service offering support for up to 6 – 10 weeks.

Crown Hub, Crown Street, Liverpool, L7 3LZ

0151 233 3800 Crownhub@liverpool.gov.uk

Mental Health and Wellbeing Support in Knowsley



Life Rooms Knowsley

If you're experiencing stress or anxiety due to the cost of living crisis, the Life Rooms team is available in Knowsley's libraries providing help and support for money issues and your mental health.

Mental health support is also available at www.nhs.uk/every-mind-matters or you can call the 24/7 crisis helpline on **0800 051 1508**.

Life Rooms will be available in Knowsley's libraries, during usual branch opening hours on the following days, from 10 am to 4 pm:

Halewood Library: Mondays

Huyton Library: Tuesdays

Prescot Library: Wednesdays

Stockbridge Village Library: Thursdays

Kirkby Library: Fridays

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

Priority Youth Project: 'Priority Youth Counselling Support Programme'

A 1-1 counselling service for children and young people aged 8-19 years.

Addressing mental health promotion in youth outside of educational setting

St Mary's Millennium Centre, Meadow Lane,

West Derby, Liverpool, L12 5EA

07523 650 956 hello@priorityyouth.co.uk

The Comedy Trust: 'Laughter After Loss'

Workshops, drop-ins and discussion groups to for adults following a bereavement, supporting their journey through the power of laughter.

Royal Court Theatre, 1 Roe Street, L1 1HL

0151 702 5893 info@thecomedytrust.com

Knowsley Community Mental Health Teams for people over 18.

Knowsley Community Mental Health Halewood Team 18+

0151 351 8600

Halewood Medical Centre, Roseheath Drive, L26 9UH

The Bluebell Centre, Bluebell Lane, Huyton L36 7XY

Whiston Primary Care Resource Centre
Old Colliery Road, Whiston, L35 3SX

Positive Mental Health Coffee Morning

The Coffee Morning is open to anyone, including service users, family members, carers, so please come along and feel free to bring a friend. Please note that the venue for the coffee mornings will alternate between Huyton and Kirkby.

If you are interested in coming along to any of the coffee mornings or would like more information contact the Healthwatch Office on **0151 449 3954**. Transport is available on request and parking spaces are available at the meeting venue.

The Old School House, St Johns Road, L36 0UX
Southdene Community Centre, Broadlane, L32 6QG

Norris Green Community Alliance: 'Mindful Communities'

Men's and women's support groups with regular meetings, services and activities to reduce isolation and improve mental health.

Parthenon House Falklands Approach Norris Green L11 5BR

0151 479 3800

norrisgreencommunity@btconnect.com



Mental Health and Wellbeing Support in Knowsley



The Vibe Liverpool: 'We're Listening'

A 1-1 listening service and group sessions with a focus on bereavement support.

Vagabonds Tennis Club, 433 Queens Drive
Liverpool, L13 0AG

thevibeliverpool@gmail.com

Liverpool Bereavement Service Service

1st Floor, Granite Buildings, 6 Stanley Street,
Liverpool, L1 6AF

0151 236 3932 (9am to 5pm)

enquiries@liverpoolbereavement.co.uk

BRIDGE-IT Community Wellbeing Group

Film Group - Changing Lives Building, 105
Cherryfield Drive, Kirkby, L32 8SA (first Thursday
of every month at 2pm)

Drop-In - Northwood Community Centre,
Gilescroft Avenue, Kirkby, L33 9TW (every Friday
between 2 pm to 3.30pm)

Reading Group - Changing Lives Building, 105
Cherryfield Drive, Kirkby, L32 8SA (every
Wednesday between at 2pm to 3.30pm)

07930 601 994 bridge-it2017@outlook.com

Domestic Abuse Services in Knowsley



National Support - Domestic Abuse

The Police on 101 or in an emergency call 999

The National Domestic Abuse Helpline – 0808 2000 247

Choices – 0800 917 9948

The Mankind

male victims of domestic violence

01823 334244 or <https://mankind.org.uk/>

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

0300 999 5428

Refuge Helpline - 0808 808 9999

Rise

Freedom from Abuse and Violence

<https://www.riseuk.org.uk/>

Ask for ANI

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Refuge The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

Bright Sky If you are concerned about domestic abuse, we know it can be hard to find support.

<https://uk.bright-sky.org/>

Charities and Grants

Heinz, Anna and Carol Kroch Foundation

Search by visiting

<https://grants-search.turn2us.org.uk/>

Smallwood Trust - www.smallwoodtrust.org.uk

Skidders Benevolent Trust - www.skidders.org.uk/sbt

Family Support

NSPCC Helpline - 0808 800 5000

Childline - 0800 1111

Family Action

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

Dogs Trust Freedom Project

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project

Cats Protection Paws Protect

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

www.cats.org.uk/what-we-do/paws-protect

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.

08088088141

Domestic Abuse Services in Knowsley



National Support - Domestic Abuse

Government Support -

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Support from a Job Centre

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

Citizen's Advice

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

Victim Support

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

Support line 08 08 16 89 111

IKWRO Women's Rights Organisation

Support for Middle Eastern, North African and Afghan survivors.

0208906460

07846275246 Kurdish/Arabic and English Speakers

07846310157 Farsi/Dari and English Speakers

Jewish Women's Aid - 0808 801 0500

Muslim Women's Network

0800 999 5786 or 0303 999 5786

info@mwnhelpline.co.uk

SignHealth

Support for Deaf and hard of hearing
020 39472601 or text 07970 350 366

da@signhealth.org.uk

ManKind Initiative helpline for male victims of domestic abuse - 01823 334244

Liverpool Support

Merseyside Domestic Violence Services (MDVS)

PO Box 200, Liverpool, L14 9WU

07802 722703 info@mdvs.org

Local Solutions - Independent Domestic Violence Advisory Service (IDVA)

0151 709 0990 info@localsolutions.org.uk

PSS: Domestic abuse support

0151 702 5500 ruby@pss.org.uk

Liverpool Domestic Abuse Service (LDAS)

07923 232327/0800 084 2744 / 0151 263 7474

The Crossing Point - Domestic Abuse Service

Free Confidential Domestic Abuse Service working with women, men, and young people.

07731 878076 info@thecrossingpoint.co.uk

YMCA Liverpool - Domestic Abuse Rapid Accommodation Project

YMCA Liverpool, Hope House, 15 Leeds Street, Liverpool, L3 6HU

0151 600 3530/0151 734 1074

4Wings - Support for women

Church House, 1 Hanover Street, Liverpool, L1 3DN

0151 558 1442 info@4wings.co.uk

Disability Support in Knowsley



Government Support

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

Citywide Support

The Brain Charity

Norton Street, Liverpool, L3 8LR

0151 298 2999

<https://www.thebraincharity.org.uk/>

Mencap

Mencap Cottage House 6-8 Mariners Road L23 6SX

<https://yournetwork.mencap.org.uk/group/512>

0151 707 8582

Strawberry Field

Beaconsfield Road, Liverpool L25 6EJ

0151 252 6130

Community Integrated Care

Information@c-i-c.co.uk

Phone: 0800 2218 522

Activities and support

Daisy Inclusive UK

2 Barnes Street, Everton L6 5LB

0151 261 0309 info@daisyuk.com

Greenbank Sports Academy

Greenbank Lane, Liverpool L17 1AG England

0151 280 7757

DaDa - Disability and Deaf Arts

The Bluecoat, School Lane, Liverpool, L1 3BX

07436 536 200 0151 707 1733

The Lime Hub

The Lime, Upper Baker Street, Liverpool, L6 1NB

0151 233 5085 / 0151 263 8338

The New Derry Club P.A.C

The New Derry Social Club, Mere Lane, L5 0QW

0151 263 1758 pacdisco@hotmail.com

Bradbury Fields - Information and Support Services

Bradbury Centre, Youens Way, Liverpool, L14 2EP

0151 221 0888 info@bradburyfields.org.uk

Acorn Adventure Farm

Depot Road, Kirkby, Merseyside, L33 3AR

0151 548 2415 admin@acornfarm.co.uk

Physical and Sensory Impairment Partnership Board

The Old School House, St Johns Road, L36 0UX

07701 366227

Jen.Casey@healthwatchknowsley.co.uk

NSC CARE ACTIVITY HUB

The Care Activity Hub, Back Gilmooss Lane, Croxteth, Liverpool, L11 0BD

07540932743/01515466249

Info@thecareactivityhub.co.uk

L'Arche Liverpool

L'Arche Liverpool, The Ark Workshops, Lockerby Road, Liverpool, L7 0HG

0151 260 0422

RAWD

Unity Theatre, 1 Hope Place, Liverpool, L1 9BG

07588 754 325 outreach@rawdproject.co.uk

Disability Support in Knowsley



DaDa - Disability and Deaf Arts

The Bluecoat, School Lane, Liverpool, L1 3BX
07436 536 200 0151 707 1733

The Lime Hub

The Lime, Upper Baker Street, Liverpool, L6 1NB
0151 233 5085 / 0151 263 8338

The New Derry Club P.A.C

The New Derry Social Club, Mere Lane, L5 0QW
0151 263 1758 pacdisco@hotmail.com

Bradbury Fields - Information and Support Services

Bradbury Centre, Youens Way, Liverpool, L14 2EP
0151 221 0888 info@bradburyfields.org.uk

Acorn Adventure Farm

Depot Road, Kirkby, Merseyside, L33 3AR
0151 548 2415 admin@acornfarm.co.uk

Physical and Sensory Impairment Partnership Board

The Old School House, St Johns Road, L36 0UX
07701 366227
Jen.Casey@healthwatchknowsley.co.uk

NSC CARE ACTIVITY HUB

The Care Activity Hub, Back Gilmoos Lane, Croxteth, Liverpool, L11 0BD
07540932743/01515466249
Info@thecareactivityhub.co.uk

L'Arche Liverpool

L'Arche Liverpool, The Ark Workshops, Lockerby Road, Liverpool, L7 0HG
0151 260 0422

RAWD

Unity Theatre, 1 Hope Place, Liverpool, L1 9BG
07588 754 325 outreach@rawdproject.co.uk

Knowsley Disability Concern

Knowsley Disability Concern provides a range of services to help people have choices, be in control and enjoy more independence.

263a Tarbock Road Huyton Merseyside, L36 0SD
0151 480 4090
<https://www.kdc.org.uk/>



Migrant and Multi-Cultural Support in Knowsley



Liverpool Muslim Society and Al Rahma Mosque

29-31 Hatherley St, Liverpool L8 2TJ
0151 709 2560
info@liverpoolmuslimsociety.org.uk

Christ Church Norris Green - Triple C

The Church of the Good Shepherd, Lower House Lane L11 2SF
07871 914364 0151 226 2992
info@triplecliverpool.org

Pagoda Chinese Community Centre

Pagoda Arts Henry Street, Liverpool, L1 5BU
Email: info@pagodaarts.org.uk
Tel: 07542339019

4Wings - Support for women

Church House, 1 Hanover Street, L1 3DN
0151 558 1442 info@4wings.co.uk

Amadudu Women's Refuge

0151 734 0083 info@amadudu.org

Muslim Community Helpline

0208 904 8193 or 0208 908 6715
ess4m@btinternet.com

Savera UK

151 Dale Street, Liverpool, L2 2AH
0800 107 0726 info@saverauk.co.uk

Liverpool Malayalee Association

07736 352874 limaliverpool@gmail.com

Kadampa Meditation Centre (KMC) Liverpool

0151 726 8900
info@meditationinliverpool.org.uk

Osun Arts Foundation: African arts and culture

Osun Foundation, The Old Saint Lawrence School Building, Westminster Road, Liverpool, L4 3TQ
0151 922 2911 sunartsfoundation@gmail.com

Liverpool Irish Centre - Sláinte Le Chéile Health Together

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG
0151 263 1808 info@liverpoolirishcentre.org

Merseyside Jewish Community Care (MJCC) - Key services

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL
0151 733 2292 info@mjccshifrin.co.uk

Al-Ghazali Multicultural Centre

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD
0151 734 3843 info@alghazalicentre.co.uk

Liverpool Arabic Centre (LAC)

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP
0151 727 2855
info@liverpoolarabiccentre.org.uk

Merseyside Polonia

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP
0151 237 2674 info@merseysidepolonia.com

Muslim Youth Helpline (MYH)

0808 808 2008 help@myh.org.uk

Mary Seacole House

91 Upper Parliament Street, Liverpool, L8 7LB
0151 707 0319 info@maryseacolehouse.com



Migrant and Multi-Cultural Support in Knowsley



Pal Multicultural Centre

68A Mulgrave St, Liverpool L8 2TF
0151 708 9669

The Kuumba Imani Mellinum Centre

4 Princes R, Liverpool, L8 1TH
0151 708 5278 0741 477 51 51
Info@Moulana.co.uk

Florrie

377 Mill St, Liverpool, L8 4RF
0151 728 2323 info@theflorrie.org

Liverpool Arabic Centre: 'Your Safe Space'

A culturally sensitive mental health support service, which combines Western and Arab/Muslim traditional therapies to provide support for people experiencing poor emotional and mental well-being due to financial hardship. Tiber enterprise facilities, Tiber street site, Lodge Lane, Liverpool, L8 OTP
0151 727 2855

Mary Seacole House

A mental health charity and resource service set up to offer support and advice in emotional and practical matters, primarily Black, Asian, Minority, Ethnic and Refugee communities. Mary Seacole House, 91 Upper Parliament Street, Liverpool, L8 7LB
info@maryseacolehouse.com

Everton in the Community: Welcome Through Football Refugee And Asylum Seeker Football Project

The People's Hub Cruyff Court, 46 Spellow Lane, Liverpool, L4 4DF
jonathan.garside@evertonfc.com

Merseyside Refugee Support Network (MRSN)

1st Floor, St Anne's Centre, 7 Overbury Street, Liverpool, L7 3HJ
0151 709 7557 info@mrsnliverpool.org.uk

Family Refugee Support Project (FRSP)

Provides practical help to refugees "moving-on" from the asylum system and support to onward social and economic integration into life in Liverpool and beyond. Toxteth Town Hall, 15 High Park Street, L8 8DX
0151 728 9340 info@frsp.org.uk

Women's and Men's Groups in Knowsley



Women's Groups

Women's Health Information and Support Centre (WHISC):

Our Listening Ear service is available for women, telephone 0151 707 1826 to make an appointment or drop in to WHISC Centre. Open Monday, Tuesday and Thursday 10 am to 4pm
Daily activities available
120 Bold Street, Liverpool, L1 4JA
0152 707 1826 women@whisc.org.uk

Granby Somali Women's Group: 'GSWG Befriend Me'

A social network where elderly Muslim and minority ethnic women will come together, exchange ideas, have interesting discussions and participate in a number of activities, which will alleviate their loneliness.
12 Beaconsfield Street, Liverpool, L8 2UU
contact@granbysomaliwomensgroup.org

The Women's Organisation: Enterprise Hub

54 St James Street, Liverpool, L1 0AB
0151 706 8113 enterprisehub@thewo.org.uk

National Association of Women's Clubs (NAWC) - Liverpool

01708 730805 nawc@btconnect.com

Paperwork Theatre - Women's Drama Group

Luna, Northern Lights, 5 Mann Street, L8 5AF
info@paperworktheatre.co.uk

Minerva Women's Group

Women's clubs across Liverpool offering activities, trips, and friendship in a friendly atmosphere.
St Marys Millennium Centre, Meadow Lane, L12 5EA
0151 228 1998

Men's Groups

JourneyMEN

Offer practical activities designed to tap that potential, address the causes of mental ill-health and aid recovery.
<http://journeymencic.com>
56 Chester Street, Birkenhead, CH41 5EA
0151 792 9159 enquiries@journeymencic.com

Peloton Liverpool Ltd: 'Joy Ride'

A cycling club to support men in recovery, whilst providing an opportunity to socialise, exercise and build skills. L13 9AF
danny@peloton.coop

Ellergreen Community Centre - JAM

'Just Average Men' Men's Group open to men of all ages delivering activities as a group.
Monday 10 am to 12 pm
Ellergreen Road, Liverpool, L11 2RY
0151 233 3337 ellergreen@altvalley.co.uk

Sean's Place

Mental Health Support for Men in Sefton and Liverpool
211 Linacre Lane, Bootle, Liverpool, L20 6AD
0151 922 5444

Reach Mens Centre

The Reach Mens Centre, 6-7 The Palatine, Strand Shopping Centre, Bootle, L20 4SN
07504565764 or 0151 245 6925

Andys Man Club Liverpool

info@andysmanclub.co.uk

James' Place Liverpool

Offer free, life-saving treatment to suicidal men
0151 303 5757 liverpool@jamesplace.org.uk

LGBTQ+ Support in Knowsley



LGBTQ+

Trans Support Service (TSS)

The Beat Hanover Street/David Lewis Street
Liverpool L1 4AF

0151 317 8581 Tss.merseycare@nhs.net

Spirit Level Transgender Support Group

<https://spiritlevel.org.uk/>

spirit.level@yahoo.com

Sahir

Sahir House, 4th Floor, 151 Dale Street L2 2AH

0151 673 1972 info@sahir.uk.com

THE Action Youth (Trans Health Education) (YPAS)

36 Bolton Street, L3 5LX www.ypas.org.uk

0151 702 6087 gyro@ypas.org.uk

Citizens Advice Liverpool - LGBTQ+ Hate Crime Support Service

Practical & emotional support for people who have been affected by LGBTQ+ hate incidents, and their families, across Merseyside.

0151 522 1400 ext 5006

LGBTHateCrime@caliverpool.org.uk

Switchboard LGBTQ+ Helpline

0800 0119 100 hello@switchboard.lgbt

Merseyside non-scene LGBT Social Group

<https://www.meetup.com/MERSEYSIDE-LGBT-SOCIAL-GROUP/>

stev_arts@yahoo.co.uk

Merseyside LGBT Creative Writing Group and Book Groups (18+)

<https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/>

Galop

Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

0800 9995428 help@galop.org.uk

Sahir House - HIV Support, Information and Training Centre

Sahir House, 4th Floor, 151 Dale Street, L2 2AH

0151 673 1972 info@sahir.uk.com

LIV.FAST Network

Provides peer support and advice for those who identify somewhere within the FTM (Female-to-Male) spectrum.

The Beat, Hanover Street/David Lewis Street, Liverpool, L1 4AF

liverpool.ftm@gmail.com

National Resources

Stonewall <https://www.stonewall.org.uk/>

LGBT Foundation <https://lgbt.foundation/>
0345 3 30 30 30 helpline@lgbt.foundation

Mermaids <https://mermaidsuk.org.uk/>

Mind - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

Mindout - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat
01273 234839 info@mindout.org.uk

Families and Friends of Lesbians and Gays (FFLAG)

0300 688 0368 info@fflag.org.uk

Additional Support in Knowsley



Sexual Violence Support

Rape and Sexual Abuse Centre (RASA)

RASA Merseyside provides support to anyone in Merseyside impacted by sexual violence.

0151 666 1392 helpline@rasamerseyside.org

Rape Crisis

A service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.

0808 500 2222

SAFE Place Merseyside: Sexual Assault Referral Centre (SARC)

24 hour telephone support service

0151 295 3550

Silent Solution

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

Youth Outreach

M.A.L.S Merseyside

MALS Merseyside is a registered charity based in Prescot, mentoring and working with adult offenders, young offenders, and also children at risk of being criminally exploited.

126A Warrington Road, Prescot, L34 5RF

07547 677 438

contactus@malsmerseyside.co.uk

Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** or Liverpool Direct on **0151 233 3001** to report

Stop Hate UK

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

Webchat at www.stophateuk.org/talk-to-us

Anthony Walker

Racial or religious hate crime - this support service is delivered by the Anthony Walker Foundation (AWF). AWF delivers specialist counselling and support for victims.

LCVS Building 3rd Floor, 151 Dale Street, L2 2AH

0151 237 3974

info@anthonywalkerfoundation.com

Daisy Inclusive UK

Disability hate crime - provided by charity Daisy Inclusive UK. Daisy UK have a dedicated hate crime officer who supports victims from the point of contact through to support and guidance through the judicial system, if required.

0151 261 0309

disabilityhatecrime@daisyuk.com

Citizens Advice Liverpool

LGBTQ+ hate crime - this support service is delivered by Citizens Advice Liverpool. They can help you to make a report to the police if you wish, understand your rights, liaise with organisations and help you to access specialist support services such as counselling.

0800 144 8848



Additional Support in Knowsley



Mosscroft Community Centre

Community activities and events such as youth clubs, courses, playgroups and fitness classes.
Mosscroft Community Centre, Longview Drive,
Huyton, L36 6EA
0151 489 2436

Bryer Road Community Centre

Bryer Road, Prescot, L35 5DW
07840 172 440

@our HUB

Community Support Hub
39 Manor Farm Road, Huyton, L36 0UB
07840 172 440