

# Support Directory Langley



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# Food Support Services in Langley



## Council Support

### **Cost of living services helpline:**

Lines are open Monday to Friday 9 am to 5 pm  
**01706923685**

**Household Fund** - If you're having financial issues during 2023, you may be able to access superstore vouchers, fuel vouchers and other help through the Household Fund.

**Eligibility** - Anyone who is in financial need is eligible to apply for this fund.

This financial support will be used for:

- Food vouchers - we're targeting support for low-income families by providing e-food vouchers.
- Energy costs for older people - we'll be targeting support and contacting individuals.
- Household Fund - we'll be investing further in our Household Fund for anyone who is in financial need.
- Household energy scheme - this will be operated through Groundwork.
- Homelessness prevention.

**How to apply** - helpline on **01706 923685**

## Food Banks

### **Helping Hand Rochdale**

Emergency Food Parcel Delivery Across Rochdale  
**Enquiries: 07766 367086 (text only)**

### **Middleton Central Foodbank - at the Lighthouse Project**

Lighthouse Project, S6b/c Second Floor, Middleton Shopping Centre, Limetrees Road, M24 4EL  
0161 643 116

**Open Monday and Thursday 11 am to 1 pm**

### **Heywood Foodbank**

Heywood Baptist Church, Rochdale Road, OL10 1LE  
07396071193

**Open Monday and Friday 10 am to 12 pm**

### **Christian Restoration Manchester**

451 Victoria Avenue, Blackley, Manchester M9 8PJ  
0161 740 9966 07936004774

**Wednesday and Friday 10 pm to 1 pm and  
Sundays 12pm to 1pm**

### **Humans MCR - DELIVERY ONLY**

1150 Rochdale Road, M9 6FQ  
0161 234 0171

All referrals done online.

Email **[info@humansmcr.org](mailto:info@humansmcr.org)** for more information

## Pantries

### **Heywood Pantry**

Back O'th Moss Community Centre, 52 Peel Lane  
Heywood, OL10 4TU

Weekly Fee: £5.00

**Opens every Thursday 9.30 am to 12 pm**

### **Heywood Food Club**

Derby Street Children's Centre, Derby Street, OL10 4Q  
**01706 369889**

**Open Friday 9.30 am to 11.30 am**

# Food Support Services in Langley



## Lighthouse Pantry

S6b/c Second Floor, Middleton Shopping Centre,  
Limetrees Road, M24 4EL

0161 643 116

pantry@lighthouseproject.org.uk

Weekly Fee £4.50

**Open Tuesday, Thursday and Friday 9.30 am to  
12.30 pm**

## St Andrew's Church Community Hub

Higher Blackley Community Centre, Victoria  
Avenue, Mersey Drive, Hillock Estate M45 8LA

Weekly Fee £4.50

**Wednesday 12:30 pm to 3 pm**

## Nigeria Community Association

Rochdale African Food Bank will be serving Black  
Minority Ethnic with culturally appropriate food.

Referrals Only.

Open Monday 11 am to 2 pm

In addition we run a Food Pantry to the wider  
community which incurs a small cost of £3 or £5  
on collection.

**Mary Adekugbe 07456 136150**

**nigeriacommunityassociation1@gmail.com**

## Community Groups

### Ciata Foundation

Supplying South African families with food living in  
Middleton.

**Gwen Forrest 07926 893061**

**info@ciatafoundation.org**

### CC House of Praise

Offer variety of food for both African and English  
Community in Middleton.

Sunday Onabanjo 0161 2779500 07943 239261

**info@ccchouseofpraise.co.uk**

**ccchouseofpraise@gmail.com**

## The Bread and Butter Thing - Mobile food club

Higher Blackley Community Centre, Victoria  
Avenue M9 0RA

Closet Centre St Pauls Church M9 6RA

**0161 264 9982**

### How it works

Text **07860 063 304** with your full name,  
postcode, and the name of the hub you will be  
collecting from.

To find out more

**[www.breadandbutterthing.org/members](http://www.breadandbutterthing.org/members)**

## Rochdale Soup Kitchen

Champness Hall, Great George Street, OL16 1PQ

Anyone in need can come to the soup kitchen  
and will be given a bag of food containing a  
home cooked meal, tin of soup, bread, cakes,  
fruit and drinks.

07817 150327

slatvi@aol.com maz\_jones59@yahoo.co.uk

**Open Monday, Wednesdays and Fridays**

**12.30 pm to 2 pm**

## Awakening Minds

Awakening Minds collaborating with local grass  
routes organisations, providing weekly hot meal  
takeaway service and food parcels, to the most  
vulnerable members of our community.

**07866 047642 / 01706 52310**

**awakeningmindscic@gmail.com**

## Equal Education Chances

EEC provides cultural appropriate food parcels  
for families and individuals.

**Mary Olanrewaju 0161 2119016**

**equaleducationchances@gmail.com**

# Food Support Services in Langley



## **Radcliffe Food Club**

Bridge Community Church, Milltown Street,  
Radcliffe M24 1WD

0161 736 7959

£5 annual membership, £3 per shop.

**Wednesday 10 am to 12 pm and 6 pm to 7 pm**

## Community Shops

### **Middleton**

Stakehill Industrial Estate, Touchet Hall Road,  
Middleton, M24 2SJ

0161 655 6600

**Open Monday to Friday 8 am to 8 pm,**

**Saturday 8 am to 6 pm, Sunday 10 am to 4pm**

## 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/>

### **The Trussell Trust**

Search the Trussell trust website to find your local centre.

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



# Furniture Support in Langley



## Council Support

### **Discretionary Crisis Fund**

The Discretionary Crisis Fund is the name for a sum of money we can access as a last resort to help Rochdale borough residents who find themselves in a crisis.

You must meet ALL the following to apply:

- You're 16 years old or over.
- You live in Rochdale borough or have accepted a firm offer of tenancy in the borough.
- You claim a benefit. This includes if you're in work and claim a benefit or if your benefits have been sanctioned.
- You haven't already received 2 awards in the last 12 months.

**0300 303 8874**

**[HousingSolutions@rochdale.gov.uk](mailto:HousingSolutions@rochdale.gov.uk)**

### **Household Support Fund**

If you're having financial issues during 2023, you may be able to access superstore vouchers, fuel vouchers and other help through our Household Fund.

Anyone who is in financial need is eligible to apply for this fund.

To apply or for more information call the helpline on **01706 923685**

## Recycle for Greater Manchester

### **Oldham Renew Shop**

Arkwright Street, Oldham, OL9 9LZ  
Open Monday to Sunday 9 am to 6 pm  
(Closed for Lunch 12:30 pm to 1 pm)

**Online Store -**

**[www.ebay.co.uk/str/renewgreatermanchester](http://www.ebay.co.uk/str/renewgreatermanchester)**

## Charity Shops

### **Emmaus Department Store**

50 Rochdale Exchange Shopping Centre OL16 1EA  
0330 058 4264

**Open Monday to Saturday 9 am to 5 pm**

### **British Heart Foundation**

Rochdale Furniture & Electrical Store, 3 Wheatsheaf Shopping Centre, Baillie Street, OL16 1JZ

**01706 540380**

**Open Monday to Saturday 9 am to 5 pm**

**Sunday 10.30 am to 4.30 pm**

### **British Heart Foundation**

G23A Middleton Shopping Centre, Middleton, Greater Manchester, UK, M24 4EL

**0161 654 6665**

**Open Monday to Saturday 9.30 am to 5 pm**

**Sunday 10 am to 4 pm**

### **Springhill Hospice - Middleton Store**

18-20 Wood Street, Middleton, M24 5TF  
0161 654 7457

**Open Monday to Saturday 9 am to 4 pm**

### **Springhill Hospice**

The Emporium Jacksons Corner, Molesworth Street Rochdale OL16 1UD

01706 522844

**Open Monday to Saturday 9 am to 5 pm**

### **Sanctuary Trust**

Storehouse Community Shop - Charity shop with a difference

54 Drake Street, Rochdale, OL16 1NZ

**01706 649988**

**[storehouse@sanctuarytrust.org.uk](mailto:storehouse@sanctuarytrust.org.uk)**

# Furniture Support in Langley



## **YMCA Middleton**

6 Middleton Shopping Centre M24 4EL  
0161 6548 853

**Open Monday to Saturday 9 am to 5.30 pm**  
**Sunday 10 am to 4 pm**

## **RSPCA - Middleton**

1 Middleton Gardens, Middleton M24 1AJ  
07708695353

**Open Monday to Saturday 9 am to 4 pm**

## **The Salvation Army**

Unit 1 Haynes Street, Rochdale, OL12 0UW

**Contact for opening hours 01706 645151**

## **Barnardos**

315-317 Cutgate Shopping Centre, OL11 5AQ  
01706 358833

**Open Monday to Saturday 9 am to 6 pm**  
**Sunday 10 am to 4 pm**

## **Second Hand Furniture Websites**

### **Facebook Groups**

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

These include:

Langley Community Group

Middleton and Surrounding areas for sale group

For Sale or Swap in Rochdale

## **Second Hand Furniture Websites**

**Gumtree**

**FreeCycle**

**Pre-Loved**

**Freeads**

**VivaStreet**

**Freegal**

## **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/>**

## **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/>**

# Cost of Living Support in Langley



## Council Support

### **Discretionary Crisis Fund**

The Discretionary Crisis Fund is the name for a sum of money we can access as a last resort to help Rochdale borough residents who find themselves in a crisis.

You must meet ALL the following to apply:

- You're 16 years old or over.
- You live in Rochdale borough or have accepted a firm offer of tenancy in the borough.
- You claim a benefit. This includes if you're in work and claim a benefit or if your benefits have been sanctioned.
- You haven't already received 2 awards in the last 12 months.

**0300 303 8874**

**HousingSolutions@rochdale.gov.uk**

### **Talk to an energy adviser**

Call our consumer helpline on 0808 223 1133.

**Open Monday to Friday, 9am to 5pm**

## Credit Unions

### **Oldham Credit Union Ltd**

9 Albion Street, Town Centre, Oldham, Greater Manchester, England, OL1 3BG

**01616787245**

### **Manchester Credit Union Ltd**

Ground Floor, Queens Court, 24 Queen St, Manchester, Lancashire, England, M2 5HX

**01612315222**

### **Citizens Advice SORT Group (Rochdale)**

Number One Riverside, Smith Street, OL16 1XU

Call **0808 278 7803** to book an appointment

Citizens Advice also run a drop-in from Rochdale

Central Library in Number One Riverside on **Mondays,**

**Wednesdays and Thursdays 10 am to 4 pm**

**Money Advice Service - 0300 500 5000**

**National Debt Line - or call 0808 808 4000**

### **Christians Against Poverty**

National debt counselling charity with a network of 160 centres based in local churches, offering hope and a solution to anyone in debt (not just Christians).

**Money Advice service** free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead **0800138 7777**

## Debt Support Charities

### **Living Well Rochdale**

Lock 50, Oldham Road, Rochdale, OL16 5RD

**01706 392 210**

### **Middleton Day Centre**

115 Long Street, Middleton, M24 6DL

**0161 655 4062**

**john@bmdc.org.uk**

### **Lighthouse Money Advice**

The Lighthouse Project, S6b/c Middleton Shopping Centre, Limetrees Road, Middleton, M24 4EL

Call 0161 537 2222 / 0161 643 1163 to enquire or

**arrange an appointment**

**helloLMA@lighthouseproject.org.uk**

## **Debt Buffer**

Help individuals and families near Rochdale with free debt advice and debt counselling. We provide fast, easy and free confidential advice and support by quickly establishing what form of debt solution might be right for your needs and level of income.

0800 488 0247

## **St Bernard's Support**

Financial wellbeing online and telephone help sessions for people affected by cancer and other illnesses. Every 2nd Tuesday of each month 10 am to 9 pm.

**0800 772 0723** [help@s-b-s.org.uk](mailto:help@s-b-s.org.uk)

## **Employment Support**

### **Working Well**

Ingeus, College Road, Empire House, OL12 6AE  
Visit [www.inworkgm.co.uk](http://www.inworkgm.co.uk) for more information

### **Motiv8**

Motiv8, Jigsaw Homes Group, Cavendish 249,  
Cavendish Street, Ashton-under-Lyne, OL6 7AT

**0161 331 2048**

[info@manchesterbbo.co.uk](mailto:info@manchesterbbo.co.uk)

### **RBH / Rochdale Councils Work and Skills Hub**

The new work and skills drop-in, located in the Strand Community Hub, will be open twice a week, offering a mix of drop-in sessions, tailored advice and one to one appointments to help people get the jobs, skills and volunteering opportunities they need.

**01706 273 977**

[community.partnership@rbh.org.uk](mailto:community.partnership@rbh.org.uk)

### **Youth Hub**

Work with people who are aged 18-24 that are NEET (Not in Education, Employment or Training) and carry out full holistic assessments and coaching to help them into employment or training.

**Steph Rush - [steph.rush@rochdale.gov.uk](mailto:steph.rush@rochdale.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](http://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](http://www.nationaldebtline.org)

#### **Debt Advice Foundation**

Debt Advice Foundation is a registered national debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt.

**0800 043 4050**

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

# Welcoming Spaces in Langley



## Welcoming Spaces

Libraries are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

### **Middleton Library**

Long Street, Middleton, Rochdale, M24 6DU

**0300 3038876**

**[middleton.library@rochdale.gov.uk](mailto:middleton.library@rochdale.gov.uk)**

### **Junction Community Library**

Jumbo Social Centre, Grimshaw Lane, M24 2BW

**0300 3038876**

**[junction.library@rochdale.gov.uk](mailto:junction.library@rochdale.gov.uk)**

### **Alkrington Library**

Kirkway, Middleton, Rochdale, M24 1LW

0300 3038876

**[alkrington.library@rochdale.gov.uk](mailto:alkrington.library@rochdale.gov.uk)**

### **Langley Library - Langley Children's Centre**

Windermere Road, M24 5PY

**0300 3038876 [langley.library@rochdale.gov.uk](mailto:langley.library@rochdale.gov.uk)**

### **Burnside Centre**

36 Burnside Crescent, Middleton, M24 5NN

**0161 643 5775 [enquiry@burnsidecentre.org.uk](mailto:enquiry@burnsidecentre.org.uk)**

**\*More spaces to be announced soon.**

# Riverside

## Digital Inclusion Support in Langley



### 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](http://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](http://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](http://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](http://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](http://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 Langley



## Learning

### **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](http://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/>

### **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](http://www.futurelearn.com)

### **ALISON**

Over 750 FREE online courses are available on ALISON. Subjects range from languages, business and enterprise skills, personal development, health, digital literacy and IT skills.

<https://alison.com/>

### **The Digital Garage from Google**

Google's Digital Garage offers free tutorials on everything from your website to online marketing and beyond.

<https://grow.google/intl/uk/>

## **Digital Tech (Digitech) Library**

The Digitech Library is a partnership between Rochdale Borough Council, the voluntary sector and local organisations to help tackle digital exclusion and poverty.

You can borrow a laptop, Chromebook or tablet from your local library to use at home. This works in a similar way to how you can borrow a library book.

### **How to borrow a laptop or tablet**

You can borrow a laptop or tablet from a library, and renew it every 3 weeks. You can borrow the device for up to 9 weeks.

To be eligible to borrow a laptop or tablet you must meet all of the following conditions:

- You must be aged 18 or older
- You must live in the borough of Rochdale
- You need a device for your wellbeing, education or work

If you feel that you're eligible to borrow a computer or tablet, you can apply by:

**Email [DTL@rochdale.gov.uk](mailto:DTL@rochdale.gov.uk)**

**Phone 01706 926653**

### **Hopwood Hall College**

Rochdale Road, Middleton, M24 6XH

**01616437560 [enquiries@hopwood.ac.uk](mailto:enquiries@hopwood.ac.uk)**

# Digital Inclusion Support in Langley



## How to get free sim cards and data

Rochdale are now part of the National Databank, and can offer people up to 6 months of free data. They can provide SIM cards and help you set them up so you can use the internet on your devices.

### To be eligible for free data, you must meet the following conditions:

- You must be aged 18 or older
- You must live in the borough of Rochdale
- You must be from a low-income household

### You must also qualify in 1 or more of the following statements:

- Have no access or insufficient access to the internet at home
- Have no access or insufficient access to the internet when away from home
- Not able to afford your existing monthly contract or top-up.

If you feel that you're eligible for free data, you can apply by:

**Email [DTL@rochdale.gov.uk](mailto:DTL@rochdale.gov.uk)**  
**Phone 01706 926653**

## Libraries

Libraries across Rochdale offer a range of different services and support including computer access, group activities and wellbeing support.

### Langley Library

Langley Children's Centre, Windermere Road, M24 5PY  
**0300 3038876 [langley.library@rochdale.gov.uk](mailto:langley.library@rochdale.gov.uk)**

### Middleton Library

Long Street, Middleton, Rochdale, M24 6DU  
**0300 3038876**  
**[middleton.library@rochdale.gov.uk](mailto:middleton.library@rochdale.gov.uk)**

### Junction Community Library

Jumbo Social Centre, Grimshaw Lane, M24 2BW  
**0300 3038876**  
**[junction.library@rochdale.gov.uk](mailto:junction.library@rochdale.gov.uk)**

### Alkrington Library

Kirkway, Middleton, Rochdale, M24 1LW  
0300 3038876  
**[alkrington.library@rochdale.gov.uk](mailto:alkrington.library@rochdale.gov.uk)**

## Local groups and organisations

### Demesne Community Centre

Asby Close, Middleton, M24 4JF  
Demesne Community Centre is a busy community centre situated on the heart of Langley Estate. The centre offers a wide range of activities for individuals of all ages living in Middleton and further afield.

Please contact **0161 653 2902** before attending to check computer availability.  
**[t.khandoker@cvsr.org.uk](mailto:t.khandoker@cvsr.org.uk)**

### Bowlee Community Organisation

The Pavilion, Heywood Old Road, M24 4SD  
**01616554411 [suesmithbca@outlook.com](mailto:suesmithbca@outlook.com)**

### STATUS4ALL

157 Windermere Road, Middleton, M24 5NQ  
**0161 6436635 [status4u@live.co.uk](mailto:status4u@live.co.uk)**

### The Lighthouse Project (Middleton)

S6 Second Floor Middleton Shopping Centre, Limetrees Road, Middleton, M24 4EL  
**0161 643 1163 [info@lighthouseproject.org.uk](mailto:info@lighthouseproject.org.uk)**



# Riverside

## Youth Provision in Langley



### Children's Centres

#### **Sure Start Programme**

Sure Start is a UK-wide programme that was introduced to support children under the age of four and their families. It supports parents from pregnancy until their child starts school, ensuring children in disadvantaged areas are given the best start in life and helping them reach their potential.

Sure Start helps children to learn new skills and support their social and emotional development as well as support the family's health and wellbeing. This could be through enhanced health visits, or good quality play and children's centres.

The programme offers a variety of services, such as guidance on parenting or creative and development activities for children.

#### **Sure Start Children's Centre Team**

Floor 4, Number One Riverside Smith Street  
Rochdale OL16 1XU

**0300 303 0430**

**Open Monday to Friday 8.30 am to 4.45pm**

#### **Langley Sure Start Children's Centre, Windermere Road, Langley, M24 4LA**

Langley Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. There are excellent indoor and outdoor play facilities and an action packed timetable of specially planned activities throughout the week.

Langley Children's Centre offers the Family Journey Programme, a series of 12 workshops shaped to support families at the different stages of your child's development, such as weaning, potty training and going to nursery.

**0161 653 9526 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday 8 am to 6 pm**

### Children's Centres

#### **Langley Sure Start Children's Centre, Windermere Road, Langley, M24 4LA**

Langley Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. There are excellent indoor and outdoor play facilities and an action packed timetable of specially planned activities throughout the week.

Langley Children's Centre offers the Family Journey Programme, a series of 12 workshops shaped to support families at the different stages of your child's development, such as weaning, potty training and going to nursery.

**0161 653 9526 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday 8 am to 6 pm**

#### **Hollin Sure Start Children's Centre**

Tintern Road, Hollin, Middleton M24 6JP

Purpose-built facility, Hollin Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. There are excellent indoor and outdoor play facilities and an action packed timetable of specially planned activities throughout the week.

**0161 655 4429 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday 8.45 am to 3.45 pm**

#### **Kirkway Sure Start Children's Centre**

Kirkway, Middleton M24 1FL

Kirkway Sure Start Children's Centre offers a variety of family friendly activities for all families in the Alkington area of Middleton with children aged 0–5 years.

Kirkway, Middleton M24 1FL

**01706 927292 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday: 8.30 am to 12.30 pm**

# Riverside

## Youth Provision in Langley



### Mental Health support

#### **Young Minds Website and 24/7 text line**

Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Young Minds Textline: Text YM to 85258**

#### **Kooth – Online Counselling and Support (11-25)**

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

**Access through [www.kooth.com](http://www.kooth.com)**

**0203 984 9337 [contact@kooth.com](mailto:contact@kooth.com)**

#### **The Young People's Mental Health Support Team - Thrive in Education**

Delivered by Pennine Care NHS Foundation Trust Early Break, Your Trust, Place2Be and Youth in Mind, this provision helps young people age 4 to 18 experiencing low level emotional and behavioural difficulties, such as worry and low mood.

**0161 716 2908**

### 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/>**

#### **Virtual KEEN**

Inclusive online activities for young people

**[www.keenuk.org/virtualkeen](http://www.keenuk.org/virtualkeen)**

### 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**

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**<https://www.dofe.org/>**

#### **Virtual KEEN**

Inclusive online activities for young people

**[www.keenuk.org/virtualkeen](http://www.keenuk.org/virtualkeen)**

### Local Services

#### **Middleton youth clubs**

If you would like to get involved in any youth groups, please contact the Middleton Youthwork Team:

**Heather Mellalieu - 01706 924295**

**Jill Amos - 01706 923131**

**Mudassar Mahmood - 01706 924516**

#### **Street based youth work sessions - Langley**

For more information, contact Jill **01706 923131**

**Thursday 6.15 pm to 8.30 pm**

#### **Street based youth work sessions**

Town centre and various locations across Middleton township. For more information, contact Jill at **01706 923131**.

**Friday 6 pm to 8.45 pm**

# Youth Provision in Langley



## **Springvale Youth Centre**

Oldham Road, Middleton, M24 2LA

Open to all young people 11-19 and up to 25 if you have additional needs.

For more information contact Jill **01706 923131**

**Youth Club** - Tuesday and Friday 6.30 pm to 8.30 pm

**Youth Creative outdoors and gardening club** - Thursday 3 pm to 5 pm

**SEN Ability Session** - Wednesday 6.15 pm to 8.30 pm (Attendance is by invitation only. For more information, contact Paula - **01706 924294**)

## **Boarshaw Youth Club**

Stanycliffe Community Centre

6.15 pm to 8.30 pm

For more information, contact Muddy Mahmood at **01706 924516**

## **Rochdale Youth Service ages 8 to 18**

Support young people in their transition from childhood to responsible adulthood, encouraging their social development and individual fulfilment, and help and encourage them to engage more actively in society.

Number One Riverside, Floor 4, Smith Street, Rochdale, OL16 1XU

**01706 926090**

[youth.service@rochdale.gov.uk](mailto:youth.service@rochdale.gov.uk)

<https://rochdaleyouthvoice.co.uk>

## **The Mix**

Advice and support for under 25s

**0808 808 4994** lines open 4 pm to 11 pm

## **ChatHealth for Young People**

Provide a text message based advice service. The service is for children and young people aged 11 to 19 who live or attend a school in Heywood, Middleton or Rochdale.

**07507 330382** Text messages only

## **Heywood, Middleton and Rochdale young people's mental health support team**

Unit 2, Argyle Parade, Heywood, OL10 3RY

0161 716 2908

**Open Monday to Friday 9 am to 5 pm**

## **Thrive**

Supporting children and young people, aged up to 19 years, who are experiencing emotional health and wellbeing issues (e.g. feeling stressed, worried or not enjoying things).

#Thrive can also provide advice and support to parents, carers and anyone that works with a child or young person.

Under 8s please call **0161 716 2844** to arrange a consultation, and over 8s please come along to a drop in Tuesday or Thursdays 12 pm to 4 pm.

#Thrive, Unit 2, Argyle Parade, Heywood, OL10 3RY

**0161 716 2844** - Open Monday to Friday 9 am to 5 pm

## **The Proud Trust**

The Proud Trust is an LGBT+ youth charity empowering young people to be proud of who they are. The Proud Trust delivers youth work and one-to-one support across Greater Manchester and Cheshire.

49-51 Sidney St, Manchester, M1 7HB

**0161 660 3347**

[www.theproudtrust.org](http://www.theproudtrust.org)

# SEN Youth Provision in Langley



## **Baby Sensory Classes - Rochdale**

Baby Sensory classes provides sensory learning and development from birth to 13 months.

For more information contact Kelly Trowers on 07778 840722

[rochdale@babysensory.co.uk](mailto:rochdale@babysensory.co.uk)

[www.babysensory.com/rochdale](http://www.babysensory.com/rochdale)

## **Eliza Says - Rhyme and Sign Classes**

All Aboard Education, 43, Oldham Road OL16 5QJ

Fun and relaxed signing sessions, learn some sign language through rhyme, play and song.

Sign language is inclusive for everyone.

For more information contact Lorenza

**07713 012236**

[elizasays@hotmail.com](mailto:elizasays@hotmail.com)

## **Jolly Josh**

Welcomes families who have children with complex medical needs, profound multiple learning disabilities and/or physical disabilities.

All sessions need to be booked in advance.

Ensor Mill, Queensway, Rochdale, OL11 2NU

[hello@JollyJosh.co.uk](mailto:hello@JollyJosh.co.uk)

[www.jollyjosh.co.uk](http://www.jollyjosh.co.uk)

## **Pre-school Music Group for Children with a Hearing Impairment**

Run a term time pre-school music group for children with a hearing impairment aged 0 to 4 years old and their families.

Heybrook Sure Start Children's Centre, Park Road OL12 9BJ

For more information contact Elizabeth Croshaw

**01706 926479**

[elizabeth.croshaw@rochdale.gov.uk](mailto:elizabeth.croshaw@rochdale.gov.uk)

## **Shine Parent Support Group**

SHINE is a 5 week parenting group for parents carers of children aged 5 and under whose children have social and communication needs.

Blue Pit Mill, Floor 2, Queensway, OL11 2YW

**01706 769634**

[rochdale.services@barnardos.org.uk](mailto:rochdale.services@barnardos.org.uk)

## **Council for disabled Children**

Rochdale SEND Information, Advice, and Support Service

Barnardo's Rochdale SENDiass, Blue Pit Mill, Floor 2 Suite 2 Queensway, OL11 2PG

01706 769634

[rochdale.sendiass@barnardos.org.uk](mailto:rochdale.sendiass@barnardos.org.uk)

[www.barnardos.org.uk/rochdalesendiass](http://www.barnardos.org.uk/rochdalesendiass)

## **After Matters**

After Matters aim to provide inclusion, support and sources of help for young (16-25) brain injury survivors and their families in the Greater Manchester area.

1st Floor, Swan Buildings, 20 Swan Street, M4 5JW

**0333 323 4950** [hello@aftermatters.org.uk](mailto:hello@aftermatters.org.uk)

## **Calm Connections CIC**

Calm Connections offer support to parents and carers of children and young people experiencing mental health and emotional wellbeing challenges.

**07984 320308** [louise@calmconnections.org](mailto:louise@calmconnections.org)

[www.calmconnections.org](http://www.calmconnections.org)

# Riverside

## Family Support in Langley



### **Holiday Activity and Food Programme - (HAF)**

All activities are free and include food. Sessions are available across Rochdale, Heywood, Middleton and the Pennines. There are a variety of fun and enriching activities that primary and secondary school age children who are eligible for benefits related free school meals can take part in.

[FitAndFed@yourtrustrochdale.co.uk](mailto:FitAndFed@yourtrustrochdale.co.uk)

<https://haf-rochdale.co.uk>

### **Crisis Support**

#### **Early Essentials,**

Early Essentials Manchester provide newborn Moses basket starter packs for some of the most vulnerable pregnant women in our local community, who have been identified by their health or social care professional as being in great need.

**Manchester, Community Grocery Distribution Centre / Acre House, Shentonfield Road, Sharston Ind Estate, Manchester M22 4RW**

#### **Healthy Gems Hub**

The Healthy Gems Hub is a baby bank based in John St Medical Practice that aims to meet the needs of families in crisis by providing baby items and safety equipment. The Hub also provides therapeutic counselling support and access to a face to face GP.

**1 John Street, Oldham, OL8 1DF  
07487 506 192**

#### **You Are Not Alone (YANA)**

Monthly support group with activities for SEN  
**01616553827**

### **The Crib**

Crisis Support - can provide hygiene essentials for the whole family. They have a range of packages to suit different stages of early family life. From pregnancy vitamins to safer sleeping equipment and sanitary products.

Independence House, Adelaide Street, Heywood, Greater Manchester

[www.thecribfamily.org.uk](http://www.thecribfamily.org.uk)

### **Period and Hygiene Product Support**

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

### **Bloody Good Period**

Give period products to those who can't afford them and provide reproductive health education to those less likely to access it.

[hello@bloodygoodperiod.com](mailto: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

[www.freedom4girls.co.uk/request-products/](http://www.freedom4girls.co.uk/request-products/)



# Older People Support in Langley



## National Support

**Age UK Advice Line** - 0800 678 1602

**Age UK Manchester** - 0161 833 3944

Age UK Manchester, 20 St Ann's Square, M2 7HG  
**enquiries@ageukmanchester.org.uk**

## **Tax Help for Older People**

01308 488066 [taxvol@taxvol.org.uk](mailto: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](mailto:hello@fote.org.uk)

## **Omega (befriending service for caregivers / carers)**

Chatterbox Action Against Loneliness telephone chat

**01743 245088** [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net)

A Letter from Louise pen pal befriending

**01743 245 088** [aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net)

## **Hourglass**

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

**08088088141**

## Local Support

### **Volunteer Drivers Service**

The HMR Circle Volunteer Drivers Service (VDS) is an affordable transport service operating across Rochdale, Heywood, Middleton and the Pennine Villages. It is a service for adults (aged 50+ / or vulnerable adults) who are unable, or find it difficult, to use public transport. The passenger is picked up from their home and taken to their destination. Return journeys are also available. If requested, and where possible, a driver can wait with the passenger until they are ready to return home. **To find out more call 0800 112 3440 or 01706 751 165**

### **Failsworth Luncheon Clubs**

Broadbent Luncheon Club, Lord Lane, Failsworth, M35 0SL

0330 555 0310

**Monday and Wednesday 11 am to 1 pm**

### **Heywood, Middleton & Rochdale Circle**

Members enjoy getting out and about and trying new things. Their monthly calendar has lots on offer and they are always adding new events requested by our members.

Suite S3 Lock 50 Business Centre, Oldham Road OL16 5RD

**01706 751165**

### **Your Trust Rochdale**

Have a wide range of classes that take place in leisure centres and venues across the borough to offer a fun and social way for those who want to improve their overall health and wellbeing.

To find out more visit

**[www.yourtrustrochdale.co.uk/activities/older-adults-activities/](http://www.yourtrustrochdale.co.uk/activities/older-adults-activities/)**



# Riverside Older People Support in Langley



## Groups

### **Greater Manchester Old People's Network**

The Greater Manchester Older People's Network is a network of people aged 50 and above and organisational representatives working for positive change for older people in Greater Manchester.

**To find out more contact 0161 834 9823 or gmopn@macc.org.uk**

### **Friends of Jubilee Park**

The Friends of Jubilee Park & Old Burial Ground Middleton are a dedicated group of volunteers working in partnership with Rochdale Council to ensure that this historic park and former cemetery are maintained and restored.

To get involve contact **07824 667 670**

### **Middleton Floral Art Club**

St. Aidan's Church Hall, Manchester Road OL11 3EL

**01706 650835**

### **Greater Moments**

Creating moments that matter for those affected by dementia.

**0161 660 3615**

**info@socialsense.co.uk**

### **The Curtain Theatre**

An amateur theatre established by a group of friends and relatives, The Curtain Theatre, situated in Rochdale, Greater Manchester, is still going strong over 90 years later.

47, Milkstone Road, Rochdale, OL11 1EB

**01706 642008**

## Morning Coffees and Lunch Clubs

### **Older People's Social Eating Group**

Lock 50 Business Centre, Oldham Road, OL16 5RD

**For further details contact Kim Ho 01706 751165 or kim@hmrcircle.org.uk**

# Mental Health and Wellbeing Support in Langley



## 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.**

### **SANEline**

SANE is a charitable organisation that offers information and support for people struggling with their mental health. Their mental health helpline offers emotional support to anyone affected by mental illness, including families and carers. They can be contacted all year round between the hours of 4.30 pm and 10.30 pm on  
**0300 304 7000 [www.sane.org.uk/home](http://www.sane.org.uk/home)**

**Mental Health Matters - National Support**  
**0191 516 3500 [info@mh.org.uk](mailto:info@mh.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**

Further information about the local meetings or A.A. group can be obtained by contacting  
**National Helpline 0800 9177 650**  
**[help@aamail.org](mailto:help@aamail.org)**

### **Narcotics Anonymous**

Further information about the St Helens support group can be found by calling Helpline and general enquiries: **0300 999 1212**

**Frank** - Advice, information and support for anyone concerned about drugs and substance misuse.

**Helpline: 0300 123 6600 24/7 Text 82111**

## Online Support

**Side by Side** - Minds online support community. A place to be heard, listen and share.  
**<https://sidebyside.mind.org.uk>**

**Togetherall** - A safe community to support your mental health, 24/7. Get support. Take control. Feel better.

**<https://togetherall.com/en-gb>**

**Papyrus Hopeline - 0800 068 4141** – Support and advice for Young People under 35. open 24/7

### **Young Minds Parent Line - 0808 802 5544**

Advice for parents and carers worried about a young person  
Lines Open Monday to Friday 9.30 am to 4 pm



# Mental Health and Wellbeing Support in Langley



## Local Services

### **Light House Project - Better Together**

Weekly Social activity. All visitors welcome  
**Fridays from 1 pm to 3.30 pm.**

### **Rochdale Mind**

Wellbeing Centre and Café, 14a-16 Wood Street,  
Middleton, Manchester M24 5TF  
0161 653 9368

**Open Monday 9 am to 2 pm,  
Tuesday to Friday 9 am to 3.30 pm**

### **Qwell**

Qwell is a mental health and wellbeing platform that offers online and anonymous counselling support, commissioned by the Greater Manchester Health and Social Care Partnership. The counselling service is purely text based and is available 365 days a year, with a chat queue open from 12pm until 10pm on Weekdays and 6pm until 10pm on Weekends

**omurphy@kooth.com**

### **Wonderfully Made Women**

Middleton hub providing emotional and practical/ wellbeing support every Tuesday at Lighthouse project space.

**07354471340, 07846620160**

**info@wonderfullymadewoman.org**

### **Burnside Centre**

Everyone Matters health and well-being session  
Fridays 1 pm to 3 pm.

Turning Point Adult recovery support sessions  
Thursdays 9 am to 4 pm

Creatives Happy Mondays 9.30 am to 11 am.

**Trisha Hayes - 0161 643 5775**

**enquiry@burnsidecentre.org.uk**

## **Your Trust**

Your Trust is a charity working in the heart of Rochdale Borough to support each and every member of our diverse community to live happier, healthier and more creative lives. The Your Trust Specialist Health & Wellbeing Team want to support people living with long term conditions. If you or someone you know, a family member, friend, work colleague or client is living with a long term condition, our team of fully qualified instructors can help with a wide range of programmes, classes and courses.

**Paul Gardner - 01706 926 235**

**Paul.gardner@yourtrustrochdale.co.uk**

## **Demense Community Group**

Online exercise classes, arts and crafts, advice and informational videos on how to use technology.

**Suzanne - 0161 653 2902**

**suzanne@demesnecommunitycentre.org.uk**

## **St Bernard's Support**

Financial wellbeing online and telephone help sessions for people affected by cancer and other illnesses. Every 2nd Tuesday of each month 10 am to 9pm.

**0800 772 0723 help@s-b-s.org.uk**

Your financial situation may be affecting your health and there are a range of organisations which can provide advice and assistance. These include:

## **Advice UK**

**0300 777 0107 [www.adviceuk.org.uk](http://www.adviceuk.org.uk)**

**Jobcentre Plus - [www.gov.uk/contact-jobcentre-plus/existing-benefit-claims](http://www.gov.uk/contact-jobcentre-plus/existing-benefit-claims)**

# Domestic Abuse Services in Langley



## 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](http://www.smallwoodtrust.org.uk)

### **Skinner's Benevolent Trust** -

[www.skinner.org.uk/sbt](http://www.skinner.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](http://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](http://www.cats.org.uk/what-we-do/paws-protect)

# Domestic Abuse Services in Langley



## 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](mailto:info@mwnhelpline.co.uk)

For alternative housing, advice or refuge accommodation (safe house), contact:

### Rochdale Homeless Team:

0300 303 8548, Monday to Friday 8.30am to 5pm.

0300 303 8875, out of hours

**Manchester Domestic Violence Helpline:** 0161 636 7525, 8am to 4pm

**National Domestic Violence Helpline** (24-hour national helpline): 0808 2000 247

**Leopold Court** (emergency housing): 01706 712977

### Greater Manchester Domestic Abuse Helpline

0800 254 0909

**Respect Men's Advice Line** - 0808 8010327

### Safenet

Community Outreach Services in Rochdale offer confidential, emotional and practical support in the community, helping those experiencing domestic abuse to stay safe and receive professional support with housing-related issues.

**0300 3033 581** [contact@safenet.org.uk](mailto:contact@safenet.org.uk)

### Rochdale Women's Welfare Association RWWA

Outreach, Counselling, Advocacy, group work, Advice, Training

**01706 860 157** [khaldha@rwwa.co.uk](mailto:khaldha@rwwa.co.uk)

### Independent Choices Greater Manchester

A free and confidential helpline, providing support to anyone over the age of 16 who is experiencing/has previously experienced domestic abuse/violence in any form. Open Monday to Friday 10 am to 4 pm

**0800 254 0909**

[Helpline@independentchoices.org.uk](mailto:Helpline@independentchoices.org.uk)

# Domestic Abuse Services in Langley



## Honour-based violence

Do you need immediate help?  
Call **999** in an emergency - if you can't talk on the call, try coughing or tapping the phone. If the operator asks you if you're in danger, press **55**.

If it's not an emergency, call Greater Manchester Police on **101** - the switchboard is open 24 hours a day.

**Forced Marriage Unit** - offers help if you're being forced to marry or scared you may be forced into marriage. you may be forced into marriage.  
**020 7008 0151**  
**email [fmufcdo.gov.uk](mailto:fmufcdo.gov.uk)**

**The Guardian Project** - provides help and advice to young children and girls up to the age of 21. It also provides support to families affected by FGM as well as professionals in risk assessing and signposting to appropriate services.  
**07449 651677**

**Rochdale Women's Welfare Association** - support for women experiencing racial inequalities affected by forced marriage, female genital mutilation (FGM) or sexual assault.  
**01706 860157 - support is available Monday to Friday between 10 am and 2 pm.**

**Rochdale Connections Trust**  
Offers a range of support to meet the needs of female victims.  
**01706 345111 [info@r-c-t.co.uk](mailto:info@r-c-t.co.uk)**

## SignHealth

Support for Deaf and hard of hearing  
020 39472601 or text 07970 350 366  
**[da@signhealth.org.uk](mailto:da@signhealth.org.uk)**

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

## Local Support

### **Break4Change - support for families with children who abuse**

Child to parent violence and abuse is when a parent lives in fear of their child and changes their behaviour in order to avoid conflict or contain and minimise the violence or abuse. The child's abuse can include behaviours such as hitting, name-calling, making threats, stealing money and damaging possessions in the home. Our 10-week Break4Change programme offers support to families where a young person aged 11-16 is violent or abusive towards their parent or carer.  
**01706 924691 [early.help@rochdale.gov.uk](mailto:early.help@rochdale.gov.uk)**

### **Cut It Out - free domestic abuse training for hairdressers and stylists**

Cut It Out is our domestic abuse campaign which offers free training to hair and beauty professionals. It's just one of the ways we're aiming to break down the silence and taboo surrounding the issue that some victims experience.  
**01706 925857 [domestic.abuse@rochdale.gov.uk](mailto:domestic.abuse@rochdale.gov.uk)**

# Disability Support in Langley



## 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>

## Local Support

### Rochdale SEN & Disability Information, Advice & Support

Offers independent advice and support to parents and carers who have children with learning difficulties or disabilities.

Unique Enterprise Centre, Belfield Road, Rochdale, OL16 2UP

01706 515741

[parent.partnership@family-action.org.uk](mailto:parent.partnership@family-action.org.uk)

[www.family-action.org.uk](http://www.family-action.org.uk)

### Your Trust Rochdale

Adult disability and inclusive activities are all for those aged 18+.

To find out more and register interest in any activities, please contact our Inclusion and Disability Adviser Catherine Szymanskyj on **01706 926276** or email [inclusion@yourtrustrochdale.co.uk](mailto:inclusion@yourtrustrochdale.co.uk)

A list of activities can be found at

[www.yourtrustrochdale.co.uk/adults-disability-and-inclusive-activities](http://www.yourtrustrochdale.co.uk/adults-disability-and-inclusive-activities)

### Advocacy Together Hub Rochdale

Castlemere Community Centre, Tweedale St  
Rochdale, OL11 1HH

01706 645 830 or 7867 459 340

[rochdaleadvocacy@together-uk.org](mailto:rochdaleadvocacy@together-uk.org)

### Respect for All

Respect for All offer counselling and play therapy to people who have learning disabilities, Asperger's, autism spectrum conditions, supporting parents, families and carers.

**0161 532 4070**

[www.respectforall.org.uk/counselling](http://www.respectforall.org.uk/counselling)

### Rochdale Gateway Leisure Ltd

Providing services for people with disabilities and their carers. We are an independent and comprehensive information and floating support service and support to ensure people live safely and maintain a good standard of health and lifestyle within their communities.

Amjad Mennen - 01706 515800

[admin@gatewayleisure.co.uk](mailto:admin@gatewayleisure.co.uk)

<https://gatewayleisure.co.uk>

### Autism Support Group Rochdale

**01706 374 525**

### Autistic Society Greater Manchester

0161 866 8483

[enquiries@i-am-autism.org.uk](mailto:enquiries@i-am-autism.org.uk)

<https://i-am-autism.org.uk>

### Greater Manchester Autism Consortium

Anglo House, Chapel road, Northenden, M224JN

0161 998 4667

[www.autismgm.org.uk](http://www.autismgm.org.uk)

# Disability Support in Langley



## National Support

### **RNIB**

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

**0303 123 9999**

### **WheelPower - British Wheelchair Sports**

A directory of wheelchair sports and activities.

**[www.wheelpower.org.uk](http://www.wheelpower.org.uk)**

### **Mencap**

Free helpline service offers advice and support for people with a learning disability, and their families and carers.

**Helpline - 08088081111**

**[Helpline@mencap.org.uk](mailto:Helpline@mencap.org.uk)**



# Migrant and Multi-Cultural Support in Langley



## Local Support

### **Multicultural Resource Centre**

Supporting Multicultural Groups across Rochdale.  
25, Lonsdale Avenue, Rochdale, OL16 5HP  
07515 282098  
[mccrochdale@yahoo.co.uk](mailto:mccrochdale@yahoo.co.uk)  
<https://mccentre.org.uk/>

### **Rochdale Women's Welfare Association (RWWA)**

RWWA is run by women for women. It is a dedicated woman-led organisation striving to empower Black, Asian and Minority Ethnic women to reach their full potential, tackling inequalities, eliminating Violence Against Women and Girls (VAWG) providing holistic support in a safe, culturally appropriate environment.  
18, Trafalger Street, Rochdale, OL16 2EB  
**01706 860157**  
<https://rwwa.org.uk/>

### **Friends of Shamwari**

Asylum seekers, refugees and their families are St. Andrews Methodist and United Reformed Church, Entwisle Road, Rochdale, OL16 2HZ  
**07961 004339**

### **Revive**

Independent community project which provides free practical support, services and advocacy for refugees and people seeking asylum, regardless of race, religion, gender, sexuality, disability, age or beliefs.  
187, Grey Mare Lane, Manchester M11 3ND  
**0161 223 5668** [info@revive-uk.org](mailto:info@revive-uk.org)  
[www.revive-uk.org](http://www.revive-uk.org)

### **Saheli Asian Women's Refuge**

Saheli Asian Women's Project provides advice, information and support services to Asian women and their children fleeing domestic abuse and/or forced marriages and is based in Manchester.  
**0161 945 4187** [info@saheli.org.uk](mailto:info@saheli.org.uk)  
<http://www.saheli.org.uk>

### **Greater Manchester Immigration Aid Unit**

Greater Manchester Immigration Aid Unit (GMIAU) exists to advise, support, represent and campaign with people subject to immigration control.  
1 Delaunays Road, Manchester, M8 4QS  
**0161 740 7722** [info@gmiau.org](mailto:info@gmiau.org)  
[www.gmiau.org](http://www.gmiau.org)

### **Talk English Rochdale**

Rochdale Borough Council is working with community organisations, schools, children's centres and libraries to help people learn English, access services and get more involved in the community.  
Ruhena Begum - **01706 925111**  
[ruhena.begum@rochdale.gov.uk](mailto:ruhena.begum@rochdale.gov.uk)  
Saira Banu - **01706 925106**  
[saira.banu@rochdale.gov.uk](mailto:saira.banu@rochdale.gov.uk)  
[www.talk-english.co.uk/rochdale/](http://www.talk-english.co.uk/rochdale/)

### **Near Neighbours**

Near Neighbours brings people together in communities that are religiously and ethnically diverse, so they can get to know each other better, build relationships of trust, and collaborate together on initiatives that improve the local community they live in.  
[samra@greatertogethermanchester.org](mailto:samra@greatertogethermanchester.org)  
[www.near-neighbours.org.uk](http://www.near-neighbours.org.uk)

# Migrant and Multi-Cultural Support in Langley



## **Refugee Action**

At Refugee Action, we help refugees who've survived some of the world's worst regimes. We get them the basic support they need to live again with dignity. Then we help them build safe, happy and productive lives in the UK.

179, Royce Road, Manchester, M15 5TJ

**0161 831 5420**

**[www.refugee-action.org.uk](http://www.refugee-action.org.uk)**

## **Deeplish Community Centre**

Deeplish Community Centre provides a friendly, safe and welcoming environment for the local community and user groups, enabling them to participate in educational, social and learning activities. We promote cohesion, empowerment, integration and employment opportunities for the local communities.

Hare Street, Rochdale, OL11 1JT

**01706 860151** **[info@deeplishcc.co.uk](mailto:info@deeplishcc.co.uk)**

**[www.deeplishcc.co.uk](http://www.deeplishcc.co.uk)**

## **Bangladesh Association Community Project**

108, Ramsay Street, Rochdale, OL16 2EZ

01706 860349

**[info@bacprochdale.co.uk](mailto:info@bacprochdale.co.uk)**

**[www.bacprochdale.co.uk](http://www.bacprochdale.co.uk)**

## **Nigeria Community Association**

130B, Drake Street, Rochdale, OL16 1PN

07456 136150/07492 515817

**[nigeriacommunityassociation1@gmail.com](mailto:nigeriacommunityassociation1@gmail.com)**

**<https://ncaro.co.uk/>**

## **Useful Links**

**British Red Cross** - **[RAMP@redcross.org.uk](mailto:RAMP@redcross.org.uk)**

**SHAP** - **[cdw@shap.org.uk](mailto:cdw@shap.org.uk)**

**Oneworld Parish Nurse** -

**[rachelsutton.parnurse@mail.com](mailto:rachelsutton.parnurse@mail.com)**

**Refugee Women Connect**

**[info@refugeewomenconnect.org.uk](mailto:info@refugeewomenconnect.org.uk)**

**Migrant Help**

**[IAadminliverpool@migranthelpuk.org](mailto:IAadminliverpool@migranthelpuk.org)**

**Cafe Laziz** - **[cafelaziz@hotmail.com](mailto:cafelaziz@hotmail.com)**

**Boloh Helpline**

Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.

**To find out more contact 0800 151 2605**

**Refugee Council**

The Refugee Council is one of the leading charities in the UK working directly with refugees, and supporting them to rebuild their lives.

020 7346 6700

**[info@refugeecouncil.org.uk](mailto:info@refugeecouncil.org.uk)**

**[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)**





# Women and Men's Groups Langley



## Women's groups

### **Lighthouse Project**

Middleton Lighthouse Project, Middleton Shopping Centre, Limetrees Road M24 4EL

**For more information about the activities below contact 0161 643 1163**

### **Knit & Natter**

Weekly knitting group. The group meets every Monday and Wednesday 10 am to 12 pm

### **Caring and Sharing Rochdale**

Activities and support groups delivered weekly 78 Yorkshire Street, Rochdale Town, OL16 1JU

**07944238892**

**info@caringandsharingrochdale.org**

## Men's Groups

### **Lighthouse Project**

Middleton Lighthouse Project, Middleton Shopping Centre, Limetrees Road M24 4EL

**For more information about the activities below contact 0161 643 1163**

### **Who let the Dads out**

Who let the Dads Out is a monthly kids activity and play group for dads, grandads and male carers, running at the Lighthouse Project.

### **Middleton Men's Shed**

The shed is open several times a week on Monday, Wednesday and Friday 2 pm to 4 pm.

# LGBTQ+ Support in Langley



## LGBTQ+ National Support

### **Corner House: Range of support opportunities for LGBTQ+ ages 11 to 17**

Offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30 pm to 6 pm.

[leahfewlass@wearecornerhouse.org](mailto:leahfewlass@wearecornerhouse.org)

### **Mermaid: Support for gender diverse young people and their families**

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

**0808 801 0400 Monday to Friday 9 am –to 9 pm**

**Stonewall** - [www.stonewall.org.uk](http://www.stonewall.org.uk)

**LGBT Foundation** - <https://lgbt.foundation>  
**0345 3 30 30 30** [helpline@lgbt.foundation](mailto:helpline@lgbt.foundation)

**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](mailto:info@mindout.org.uk)

**Families and Friends of Lesbians and Gays (FFLAG)** - **0300 688 0368** [info@fflag.org.uk](mailto:info@fflag.org.uk)

**Galop** - Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.  
**0800 9995428** [help@galop.org.uk](mailto:help@galop.org.uk)

## Local Support

### **Greater Manchester LGBT Social Support Network**

**Support, events and advice**

<http://gmlgbtssn.co.uk/projects/>

### **The Proud Place - Manchester's LGBTQ community centre**

The Proud Place houses The Proud Trust and serves as a community hub for the wider LGBT+ population across Greater Manchester and beyond.

49-51 Sidney St, Manchester, M1 7HB

**0161 660 3347**

[www.theproudtrust.org/contact-us/](http://www.theproudtrust.org/contact-us/)

### **Mind Out**

Mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people.

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

### **Indigo Gender Service**

City Health Centre, 2nd Floor Boots The Chemist, 32 Market Street, M1 1PL

**0161 710 1196**

<https://indigogenderservice.uk/>

### **Lesbian and Gay Youth in Manchester**

Lesbian and Gay Youth Manchester (LGYM) is a Lesbian, Gay, Bisexual and Trans (LGBT) project based in the city centre for young LGBTs.

49-51 Sidney Street, Manchester, M1 7HB

**0161 660 3347** [info@theproudtrust.org](mailto:info@theproudtrust.org)

# Additional Support in Langley



## Sexual Violence Support

### **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.

### **St Marys Centre**

Saint Mary's Sexual Assault Referral Centre (SARC) provides a comprehensive and co-ordinated forensic, counselling and aftercare service to men, women and children living in the Greater Manchester area who have experienced rape or sexual assault, whether this has happened recently or in the past.

**24 hour helpline: 0161 276 6515**

### **We Are Survivors**

Is a survivor focused voluntary sector organisation that aims to create and facilitate safe spaces for male (including trans and non-binary individuals) survivors of sexual abuse, rape and sexual exploitation across Greater Manchester providing to access quality assured support.

**24/7 Support Line: 0808 500 2222**

### **TRC Sexual Abuse & Rape Support Greater Manchester**

Helpline & face-to-face counselling

**0161 647 7559**

**traffordrapecrisis@googlemail.com**

### **Greater Manchester Rape Crisis**

Provides information and support to women who have experienced rape or sexual abuse.

**0161 273 4500**

**help@manchesterrapecrisis.co.uk**

## Hate Crime

Report a hate crime

You can report a hate crime online or call 101 to speak to the police.

Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger.

### **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](http://www.stophateuk.org/talk-to-us)**

### **Greater Manchester Victims Services**

**0161 200 1950**

### **Lets End Hate Crime**

Resource website, helping to support victims across Greater Manchester.

**[www.letsendhatecrime.com](http://www.letsendhatecrime.com)**

### **On Your Side - ESEA Hate Crime Reporting**

On Your Side is for anybody in the UK who identifies as part of an East or Southeast Asian community. This is the place you can find support and make a report if you experience or witness racism or any form of hate.

**[www.onyoursideuk.org](http://www.onyoursideuk.org)**