

Sefton Support Directory



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Food Support Services in Sefton



Sefton - Food Banks

Lakeside Church

Marine Drive, Southport, PR8 1RY
Open Friday 1 pm to 3 pm
01704 544419 reception@lakesidechurch.uk

Ainsdale Methodist Church

Liverpool Road, Ainsdale, PR8 3NQ
Open Thursday 1 pm to 3 pm
07813 211501 patrick.evans@methodist.org.uk

St Peter's Birkdale

St Peter's Road, Birkdale, PR8 4BY
Open Tuesday 10 am to 12 pm
01704 550027 stpetersbirkdale@hotmail.com

The Salvation Army

65 Shakespeare Street, Southport, PR8 5AJ
Open Thursday 3.30 pm to 5.30 pm
01704 547805 southport@salvationarmy.org.uk

Canning Road Evangelical Church

Canning Road, Southport, PR9 7SS
Open Monday 1 pm to 3 pm
01704 227755

Victoria Centre

197a Sussex Road, Southport, PR8 6DG
Open Saturday 10 am to 11.30 am
01704264505

Waterloo Town Hall

Great Georges Road (access from Town Hall car park) L22 1RB
Open Monday, Thursday and Friday 1 pm to 3 pm
0151 933 1300

Litherland Youth and Community Centre (Boysie)

41 Sefton Road, Litherland, L21 9HD
Open Wednesday 11 am to 2 pm
0151 933 1300

St Oswald's Church Centre

Ronald Ross Avenue, Netherton, L30 5RD
Thursday 11 am to 2 pm
0151 933 1300

St Leonard's Youth & Community Centre

60 Peel Road, Bootle, L20 4RW
Open Friday 10.30 am to 2.30 pm
0151 933 1300

Linacre Mission

123-129 Linacre Road, Litherland, L21 8NS
Open Friday 11 am to 2 pm
0151 933 1300

Foodbank Warehouse

unit 7 DBR business park, Dunning's bridge road
L30 6AA
Open Monday to Friday 9 am to 3 pm
0151 933 1300 or 07535856241

Christ Church

1 Breeze Hill, Bootle L20 9EY
Thursday 10 am to 12 pm
07745458523

Caradoc Mission

165 Seaforth Rd, Bootle, Liverpool L21 4LB
Tuesday 11 am to 2 pm
secretary@caradocmission.org

Maghull Foodbank

St George's Church, 59, Northway, Maghull. L31 5LJ
Open Tuesday 10 am to 12 pm
0151526 7913 chris_walker88@hotmail.com

Scarisbrick New Road Baptist Church

Scarisbrick New Road, Southport PR8 6PU

Open Wednesday 1 pm to 3 pm

01704 501 673

office@southportbaptist.org.uk

Shoreline Church

9 Mornington Road, Southport, PR9 OTS

Open Monday to Friday 5 pm to 6.30 pm

01704 535 989 office@shorelinechurch.co.uk

Sefton Pantries

St Leonard's Y & C C Pantry

Peel Road, Bootle, Merseyside, L20 54RW

Weekly Fee £3.50

Open Thursday 11.30 pm to 2.30 pm

0151 933 1300

Welcome to Waterloo Pantry

Crosby Town Hall, Great Georges Road

Waterloo, L22 1RB

Weekly Fee £3.50

Open Tuesday 1 pm to 3 pm

07841 567 165 waterloopantry@gmail.com

Linacre Mission Pantry

Linacre Mission, Linacre Road, L21 8NS.

Weekly Fee £3.50

Open Thursday 12.30 pm to 3.30 pm

07841 567 165

Caradoc Mission Pantry

Seaforth Road, Seaforth, Liverpool, L21 4LB

Weekly Fee £3.50

Open Wednesday 10 am to 1 pm

secretary@caradocmission.org

Sefton Community Pantry CIC

39 Thornton Rd, Bootle L20 5AE

07724239036

https://seftoncommunitypantrycic.org.uk

Old Community Centre Food Pantry

Banks Community Centre, 44 Hoole Lane

Banks, PR9 8BD

Open Tuesday & Thursday 9 am to 12 pm

01704 264 505

Community Food Stores

Irenaeus Project - Food cupboard

The Irenaeus Centre, 32 Great Georges Road
Waterloo, L22 1RD

Open Monday to Thursday 10 am to 4 pm

0151 949 1199 jenny@irenaeus.co.uk

Netherton Community Grocery

Emmanuel Baptist Church, Fleetwoods Lane

Netherton, L30 0QG

Open Monday and Tuesday 10 am to 3 pm

Wednesday to Friday 9 am to 2 pm

0151 660 6511

netherton@communitygrocery.org.uk

Community Cafes

Crossroads Café

The Crossroads Centre, 71a Liverpool Road

Crosby, L23 5SE

The Crossroads Café is run by all the churches in Crosby. A variety of drinks, snacks and lunches are available.

0151 931 5082/ 0151 931 3119

Emmanuel C Of E Church

Cambridge Road, Southport PR9 9PR Southport

Luncheon club provided 3rd Wednesday of each

month, 2 course meal for £3

07540 344870/ 01704 532745

Leyland Road Methodist Church

Methodist Church, Leyland Road PR9 9JQ

The Luncheon club meets on the first and third

Wednesday of the month at 12.30 pm

please book a place by contacting the office by

the Monday prior to the meal.

01704 536648

Food Support Services in Sefton



Ainsdale Methodist Church

Liverpool Road, Ainsdale, PR8 3NQ
Open Monday to Friday 10 am to 2 pm
01704 574 838

The King's Church

2 Drummond Road, Crosby, L23 9YP
Luncheon Club Open Thursday 12 pm to 2 pm
0151 932 1595 07504 132 121
admin@thekingschurchmerseyside.org

Sycamore Cafe

Scarisbrick New Road, Southport PR8 6PU
Open Friday 10 am to 12 pm
01704 501 673 office@southportbaptist.org.uk

Brighter Living Partnership Community Café

Tuesday mornings community café serving
tea/coffee for 50p and bacon sandwiches/cheese
on toast for £1
Southport Community Centre, Norwood Road
PR8 6HQ
01704 517 810/ 07712 443 735

Ainsdale Lunch and Leisure Club

Ainsdale Methodist Church,
688 Liverpool Road, Southport, PR8 3NQ
Community Cafe Open Monday, Wednesday &
Friday 10 am to 2 pm
01704 574 838

Crossens Community Association

Crossens Community Park, Rufford Road
Southport PR9 8HT
Snack Lunch Wednesday 12 pm to 2 pm
01704 2275 / 0707931 520219

Waterloo Community Association

Old School Building, Great Georges Road
Waterloo L22 1RD
Waterloo Community Kitchen / Lunch Club each
Thursday - 3 courses for £3.50 or 2 courses for
£3.00. They also offer free cookery courses.
0151-920 2708
helen.cain@waterloocommunityassociation.co.uk

Christ Church (Southport) CE- Cafe 1821

Our café doors are open every Wednesday,
Thursday, Friday and Saturday 11 am to 3pm
01704 531 756 churchinfo@btconnect.com

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 Sefton



Charities

Bulky Bobs Furniture World

129-139 London Road, Liverpool, L3 8 JA
0151 305 5200

Big Help Project

Offers a wide range of support
212 Boaler Street Liverpool L6 6AE
Free Phone 0808 275 9925
Hello@bighelpproject.com

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

Emmaus Merseyside

2-44 Sandy Road, Seaforth, Sefton L21 3TW
Opening times: Monday to Saturday 9 am to 4.30 pm
Sunday 10 am to 4 pm
0151 928 1588

British Heart Foundation

Bootle Store

132-133 The Palatine, Strand Shopping Centre,
Bootle L20 4SU
0151 922 4269

Formby Store

1 The Cloisters, Halsall Lane, Formby L37 3PX
01704 831884

Southport Furniture & Electrical Store

116 Lord Street, Southport PR8 1AA
01704 741455

Southport BHF Shop

14 Eastbank Street, Southport PR8 1DT
01704 536710

Help The Aged

3 Moor Lane Liverpool L23 2SE
0151 924443

Marie Curie Cancer Care

34 Marian Square Bootle L30 5QA
0151 525 9004

Oxfam

4 The Cloisters Formby Liverpool L37 3PX
01704 831422

Oxfam

14 Central Square Liverpool L31 0AE
0151 527 2154

Scope

124 Mariners Way New Strand Bootle
0151 933 2166

Sue Ryder Care

156 College Road Liverpool L23 3DP
0151 9329170

Age UK

31-33 Brows Lane Liverpool L37 4HS
01704 871343

Big Help Trading Shop

Bootle Strand, 73 The Hexagon L20 4SZ
info@bighelp

Furniture Support in Sefton



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/>

Second Hand Furniture Websites

Facebook Market Place and Groups

Gumtree

FreeCycle

Pre-Loved

Freeads

VivaStreet

Freegal

Council Support

If you find yourself in crisis you can apply for support to get food and necessities for you and your family including gas and electric vouchers (urgent needs) and furniture and household essentials (home needs).

Liverpool Citizen Support Scheme, Revenues and Benefits Service, Cunard Building, Water Street, L3 1AH

0800 456 1523 or 0151 233 3053

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 Sefton



Council Support - Sefton

Emergency Limited Assistance Scheme

The Emergency Limited Assistance Scheme supports local residents who are experiencing severe hardship, a disaster or emergency. It is there to meet one-off needs by providing things like - Paypoint Credit - travel warrants - essential household goods - referrals to a support service. **For support call 0151 934 3377, Monday to Friday, 9 am to 4 pm.**

Help with Council Tax debt and managing money

Citizens Advice Liverpool - 0300 330 1196 or WhatsApp and SMS: 07468 533492

Money Advice Service - 0300 500 5000

National Debt Line - or call 0808 808 4000

Welfare Rights Team

Help to ensure you are receiving all the benefits you are entitled to. The Welfare Rights Advice Line is available on Monday, Tuesday, Thursday and Friday from 10 am to 12.30 pm

For more information or to book a face to face appointment call 0151 934 3660 or email welfarerights.advice@sefton.gov.uk

Emergency credit

If you are on a pre-payment meter you may qualify for an emergency top up voucher **contact 0151 934 2222**

Energy Advice Freephone line

Open 9 am to 5 pm Monday to Friday
0800 043 0151

Council's Affordable Warmth Service

0151 934 2222

Libraries

Bootle Library

220 Stanley Road, Bootle, L20 3EN

0151 934 5781 bootle.library@sefton.gov.uk

Crosby Library

Crosby Road North, Waterloo, L22 0LQ

0151 257 6400 crosby.library@sefton.gov.uk

Formby Library

Duke Street, Formby, L37 4AN

01704 874 177 Formby.library@sefton.gov.uk

Meadows (Maghull) Library

Hall Lane, Maghull, L31 7BB

0151 288 6731 maghull.library@sefton.gov.uk

Netherton Library

Glover's Lane, Netherton, L30 3TL

0151 525 0607 netherton.library@sefton.gov.uk

Southport Library

Lord Street, Southport, PR8 1DJ

0151 934 2118 southport.library@sefton.gov.uk

Debt Support Services

IVAorg CIC

IVAorg CIC is a non-fee charging, 'not-for-profit' organisation which specialises in providing confidential, free and impartial advice to anyone experiencing problems with their unsecured debts.

0800 856 8569 enquiries@iva.org

<https://www.iva.org>

Christians Against Poverty (Southport)

0800 328 0006 Southport@capuk.org

Merseyside Welfare Rights

cath.mcgivern@mwr.uk.com

Raise

RAISE is a specialist benefits and debt advice team which offers home visiting and a telephone service providing casework in debt and welfare benefits for tenants of local housing associations / registered social landlords.

0151 459 1556 admin@raiseadvice.org.uk

Legal Services Commission

Community Legal Services provides advice on a range of issues including: Employment, Family & Personal, Benefits and Tax Credit, Debt, Money & Tax, Housing & Homelessness

Liverpool Law Society, Helix, Edmund Street
L3 9NY

0151 236 6998 Liverpool@legalservices.gsi.gov.uk

Credit Unions

Central Liverpool Credit Union

141 Park Street, Liverpool, L8 6QF
centralcu.co.uk

0151 708 5515 enquiries@clcu.co.uk

Partners Credit Union

2nd Floor, LCVS, 151 Dale Street, L2 2AH
partnerscreditunion.co.uk

0151 258 1014

enquiries@partnerscreditunion.co.uk

Riverside Credit Union

Garston Business Centre, 2 – 4 St Mary's Road
Garston, Liverpool, L19 2RY
riversidecreditunion.co.uk

0151 448 0565 info@riversidecreditunion.co.uk

Sefton Credit Union Ltd

Town Hall, Oriol Road Bootle, L20 7AE
Bootle Office - Monday to Friday 10.30 am to 4.45 pm

0151 363 7300

Crosby Office - Monday to Friday 10 am to 3.30 pm

0151 363 7299

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

ALAN Credit Union Ltd - Aintree, Litherland & Netherton

0151 291 8013 trendnec@yahoo.co.uk

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

Civil Legal Advice (CLA)

0345 345 4 345

Welcoming Spaces in Sefton



Welcoming Spaces

Coffee and Crochet

St John and St James Church and Community Centre, 71 Bailey Drive, Bootle, L20 6EX
Friday Coffee Morning/Coffee and Crochet
Friday 10 am to 12pm

0151 933 2116

enquiries@stjohnandstjames.org

Formby Library

Duke Street, Formby, L37 4AN
Monday to Friday 10 am to 5 pm, Saturday 10 am to 2 pm

01704 874 177

Leyland Road Methodist Church

Leyland Road, Southport, PR9 9JQ
Monday 10 am to 2 pm

01704 536 648

Southport Library (The Atkinson)

Lord Street, Southport, PR8 1DJ
Monday to Friday 10 am to 5 pm, Saturday 10 am to 2 pm

0151 934 2118

Woodvale and Ainsdale Community Association Brew Bunch

Woodvale and Ainsdale Community Association, Meadow Lane, Southport, PR8 3RS
Wednesday 1 pm –to 3 pm *Except last Wednesday of the month - 12 pm –to 1 pm

01704 573 084

Birkdale Community Hub & Library Warm Welcome

The Station Master's House, 2 Liverpool Road, Birkdale, PR8 4AR
Thursday 10 am to 4 pm

01704 566 992

Brighter Living Partnership Cosy Café

Community Centre, Norwood Road, Southport, PR8 6HQ

Last Thursday of every month 10am – 2pm

01704 517 810

Bootle Library

220 Stanley Road, Bootle, L20 3EN

Monday 10 am to 5 pm Saturday 10 am to 2 pm

0151 934 5781

Crosby Library

Crosby Road North, Waterloo, L22 0LG

Monday 10 am to 5 pm Saturday 10 am to 2 pm

0151 257 6400

Kindfulness Coffee Club

160-164 Knowsley Road, Bootle, L20 4NR

Monday to Friday 12 pm to 2 pm

0151 287 2704

L30 Centre

4 Stonyfield, Bootle, L30 0QS

Monday 10am - 2pm

0151 924 0122

Maghull (Meadows) Library

Meadows Complex, Hall Lane, Maghull, L31 7BB
Monday to Friday 10 am to 5 pm, Saturday 10 am to 1 pm

0151 288 6731

Netherton Library

Glover's Lane, Netherton, L30 3TL

Monday to Friday 10 am to 5 pm, Saturday 10 am to 1 pm

0151 525 0607

Welcoming Spaces in Sefton



Welcoming Spaces

Netherton Park Community Centre

Netherton Park Neighbourhood Centre, Chester Avenue, Bootle, Liverpool, L30 1QW
Monday, Tuesday and Friday 9am – 12pm
0151 285 5211

Sefton Opera Meet and Eat at OPERA`s Hub

St. Matthews, Bootle Community 200, 410 Stanley Road, Bootle, L20 5AE
Tuesday, Wednesday and Thursday 9 am to 11.30 am
0151 330 0479

Community by Nature

40-42 Hertford Road, Bootle, L20 7DH
Wednesday 1 pm to 3pm
0151 933 2363

Linacre Methodist Mission & Neighbourhood Centre

123-129 Linacre Road, Litherland, L21 8NS
Thursday 12 pm to 4pm
0151 933 1707

Café Thursday at The Orrell Trust

St John & St James Church and Community Centre, 71 Bailey Drive, Bootle, L20 6EX
Thursday 10am – 1pm
0151 933 2116

Crosby Housing Association - Warm Welcome Waterloo

Waterloo Community Centre, 26 Great Georges Road, Waterloo, Liverpool, L22 1RD
Friday 11 am to 2 pm
0151 920 2708

Libraries

Bootle Library

220 Stanley Road, Bootle, L20 3EN
0151 934 5781 bootle.library@sefton.gov.uk

Crosby Library

Crosby Road North, Waterloo, L22 0LQ
0151 257 6400 crosby.library@sefton.gov.uk

Formby Library

Duke Street, Formby, L37 4AN
01704 874 177 Formby.library@sefton.gov.uk

Meadows (Maghull) Library

Hall Lane, Maghull, L31 7BB
0151 288 6731 maghull.library@sefton.gov.uk

Netherton Library

Glover's Lane, Netherton, L30 3TL
0151 525 0607
netherton.library@sefton.gov.uk

Southport Library

Lord Street, Southport, PR8 1DJ
0151 934 2118 southport.library@sefton.gov.uk

Welcome Spaces

Welcome Spaces are places where people can gather for free in a safe, welcoming place to connect with others and maybe enjoy a hot drink and food.

To find out more visit -

<https://seftoncvcs.org.uk/welcomespaces/>

Digital Inclusion Support in Sefton



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 Sefton



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

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

Libraries

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

Bootle Library

220 Stanley Road, Bootle, L20 3EN

0151 934 5781 bootle.library@sefton.gov.uk

Crosby Library

Crosby Road North, Waterloo, L22 0LQ

0151 257 6400 crosby.library@sefton.gov.uk

Formby Library

Duke Street, Formby, L37 4AN

01704 874 177 Formby.library@sefton.gov.uk

Meadows (Maghull) Library

Hall Lane, Maghull, L31 7BB

0151 288 6731 maghull.library@sefton.gov.uk

Netherton Library

Glover's Lane, Netherton, L30 3TL

0151 525 0607 netherton.library@sefton.gov.uk

Southport Library

Lord Street, Southport, PR8 1DJ

0151 934 2118 southport.library@sefton.gov.uk

Organisations and Groups

Helping to get you online

Include-IT Mersey

Include-IT Mersey is a Digital Inclusion project helping people to get online across the Liverpool City Region.

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

UK Safer Internet Centre

The UK Safer Centre promotes the safe and responsible use of technology for young people.

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

Sefton CVS

Support with equipment

73 The Hexagon, L20 4SZ

0151 920 0726

Independence Initiative Limited

Basic introductory IT training

64-68, Balliol Road, Bootle, L20 7EJ

0151 345 6639

Riverside

Digital Inclusion Support in Sefton



The Life Rooms

Basic introductory IT training
The Life Rooms Bootle 68 Merton Rd, L20 7AT
0151 330 6461

The Life Rooms

Basic introductory IT training
23-25 Scarisbrick Ave, Southport PR8 1NW
01704 383198

Merseyside Youth Association

Access to computers for those attending services
SPACE, 106 Marsh Lane, L20 4QJ
0151 702 0700

Sefton Opera

Basic introductory IT training
410 Stanley Road, L20 5AE
0151 330 0479

Sefton Community Learning Service

Basic introductory IT training and qualifications
53 Cambridge Road, Seaforth, L21 1EZ
0151 934 4546

Sefton Carers Centre

Basic introductory IT training
Sefton Carers Centre 27-37 South Road, L22 5PE
0151 288 6060

Parenting 2000

Open to anyone - appointment needed
Crosby YCC, 58 Coronation Road, L23 5RQ
0151 920 7137

Parenting 2000

For Young people using Alchemy Youth Clubs.
WIFI free to anyone else attending
The Lodge, Morningson Road, PR9 0TS
01704 380 047

Woodvale and Ainsdale Community Association

Access to computers, membership/appointment
Woodvale & Ainsdale Community Centre, Meadow
Lane, PR8 3RS
01704 573 084

Birkdale Community Hub and Library

Access to computers, membership/appointment
2 Liverpool Road, Birkdale, Southport, PR8 4AR
01704 566992

Compassion Acts

Access to computers
Victoria Centre, 197A Sussex Road, PR8 6DG
01704 264505

WEA Basic introductory IT training
Southport Community Centre, PR8 6HQ
0300 303 3464

Riverside

Youth Provision in Sefton



Children's Centres

Linaker Family Wellbeing Centre

Linaker Street, Southport, PR8 5DQ
0151 288 6765

First Steps Family Wellbeing Centre

Farnborough Road Birkdale PR8 3DF
01704 572579

Meadow Lane

Ainsdale, Southport, PR8 3RS
01704 571606

Talbot Street Family Wellbeing Centre

St Andrews Place, Southport, PR8 1HR
01704 534975

Formby Library and Family Wellbeing Centre

Duke Street, Formby, L37 4AN
01704 534975

Netherton Family Wellbeing Centre

Magdalen Square, Netherton, Bootle, L30 5QH
0151 282 1405

Hudson Family Wellbeing Centre

Moorhey Road, Maghull, L31 5LE
0151 531 0117

Youth Support Services

Leyland Road Methodist Church

Leyland Road, Southport, PR9 9JQ
01704 536 648 leyland.road@btopenworld.com

Monday: 9.30 am to 10.30am Baby Boogie £1 0-4 yrs

Tuesday: 6 pm to 7.30 pm Power station Youth Group's 7-11yrs

Wednesday: (every other week). From 7.00 pm Neo's Youth Group's food, games & chat - 12+

Thursday: 10 am to 12 pm Parent & Toddler Group £1 0-4 yrs

Linacre Mission Youth Centre

Run by Sefton Youth Services
Tuesday 6 pm to 8 pm Youth Club (11-16 years)
Thursday 6 pm to 8 pm Youth Club (11-16 years)
Linacre Road, Litherland, Merseyside, L21 8NS
07967 309 304 leanne.doolin@sefton.gov.uk

Gordon Youth Centre

Brecon Avenue, Netherton, L30 1RQ
0151 523 9971

Formby Youth Centre (11 to 19 years)

Redgate, Formby, L37 4EW
01704 878770

Ykids

98a, Linacre Lane, Bootle L20 6ES
Weekly activities - www.ykids.co.uk
0151 944 2111 admin@ykids.co.uk

Buddy Up

Alchemy is a Social Club for Young Adult's aged 18-25
Monday 6 pm to 9 pm at Alchemy Southport &
Tuesday 6.30 pm to 9 pm at Alchemy Crosby
07971 868 105 buddyup@seftoncvcs.org.uk

Riverside

Youth Provision in Sefton



Northfield Community Church

Shine Kids Club: Monday 6.30 pm to 7.45pm (Term Time)

Northfield Church, Northfield Road, Bootle, L20 0AF
0151 944 1534 info@northfieldchurch.org.uk

Holy Trinity C Of E Parish Church Youth Club

Every fortnight on a Friday evening 6 pm to 8 pm

01704 538 560 holytrinitysouthport@gmail.com

Lydiate Village Centre

Lydiate Village Centre, Lamshear Lane, L31 2LA
Various activities

0151 527 2662 lpc@lydiateparishcouncil.gov.uk

Maghull Baptist Church

Hall Lane, Maghull, L31 3DY

Weekly activities - www.maghullbaptistchurch.co.uk

0151 520 2141

admin@maghullbaptistchurch.co.uk

Elim Pentecostal Church Bootle

Bootle Christian Fellowship, 443 Stanley Road
Bootle, L20 5DN

Weekly activities - www.elimbootle.com

0151 944 2087

Rampworx Skatepark Liverpool

1-3 Leckwith Road, Netherton L30 6UE

0151 530 1500 info@rampworx.com

Old Roan & Maghull Methodist Church

Liverpool Road North, Maghull L31 2HP

Weekly activities - mclnc.co.uk

07543 108 494 andyandlizzy@surefish.co.uk

All Souls Dramatic Club

The Atkinson, Cambridge Hall, Lord Street
Southport, PR8 1DB

contact@AllSoulsDramaticClub.co.uk

St. Nicholas' C of E Parish Church

St. Nicholas Vicarage, Nicholas Road, L23 6TS

Weekly activities

<https://stnicholasblundellsands.org/>

0151 924 3551 rovingrector@btinternet.com

Buddy Up - Aiming High

Buddy Up is a mentoring and befriending project for young people aged between 13 & 18 who have additional needs and are at risk of social isolation.

Sefton Council for Voluntary Services
Burlington House, 3rd Floor, Suite 3b
Crosby Road North, Sefton, L22 0LG

0151 920 0726/ 07971 868 105

buddyup@seftoncvcs.org.uk

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>

Sefton's Online Young Person's Get Talking

Weekly Chat Group - Tuesday 4.30 pm to 5. 15 pm Young people have to be aged 13+ to join. Parents/carers need to consent for their young person to attend and be willing to support the session.

maria.simpson@sefton.gov.uk

andrew.jennings@sefton.gov.uk

Youth Provision in Sefton



Youth Support Services

Leyland Road Methodist Church

Leyland Road, Southport, PR9 9JQ

01704 536 648 leyland.road@btopenworld.com

Monday: 9.30 am to 10.30am Baby Boogie £1 0-4 yrs

Tuesday: 6 pm to 7.30 pm Power station Youth Group's 7-11yrs

Wednesday: (every other week). From 7.00 pm Neo's Youth Group's food, games & chat - 12+

Thursday: 10 am to 12 pm Parent & Toddler Group £1 0-4 yrs

Linacre Mission Youth Centre

(Run by Sefton Youth Services)

Tuesday 6 pm to 8 pm Youth Club (11-16 years)

Thursday 6 pm to 8 pm Youth Club (11-16 years)

Linacre Road, Litherland, Merseyside, L21 8NS

07967 309 304 leanne.doolin@sefton.gov.uk

Gordon Youth Centre

Brecon Avenue, Netherton, L30 1RQ

0151 523 9971

Formby Youth Centre (11 to 19 years)

Redgate, Formby, L37 4EW

01704 878770

Melling Youth Club (11 to 17)

Counce Hall 146 Waddicar Lane, Melling, L31 1DZ

Wednesday: 6.30 pm to 8.30pm

07731 689 949

YCP (The Youth & Community Partnership CIC)

Meols Cop Youth & Community Centre,

Meols Cop Road, Southport PR8 6JS

01704 380 149 ycp@live.co.uk

Aiming High - The Crosby Youth Club

This session provides opportunities for disabled young people/young adults aged 11+ to socialise, increase independence and to influence the services available to them whilst in a safe and encouraging environment.

Crosby Youth Centre, 58, Coronation Road, Crosby, L23 5RQ

To book a place please can contact the Aiming High Team on 0151 288 6811
aiminghigh@sefton.gov.uk

LGBT Youth North West

Facilitate our LGBTQ drop in and support group. One to one and group therapeutic sessions are delivered throughout the week and on Saturdays. 98b Linacre Lane, Bootle L20 6ES.

For more information about the Star Centre give us a call on 0151 474 4744

The Mix Youth Cafe

The Mix Youth Café afterschool youth provision for 11-17 year-old's offers free entry, free membership, free Wi-Fi and even a £3.49 Meal Deal.

The George, Moor Lane, Crosby, L23 2SE

info@themixcrosby.com

Brunswick Youth & Community Centre (Brunny)

104 Marsh Lane, Bootle, L20 4JQ

0151 922 3552 brunnybbc@yahoo.co.uk

Parenting 2000

The Lodge, Mornington Road, Southport PR9 OTS

01704 380 047 info@parenting2000.org.uk

C.C.Y.C.C. OOS (HS)

8 Oxford Road, Bootle L20 9HW

0151 525 1995 s.willis@ccycc.org

Riverside

Youth Provision in Sefton



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

Merseyside Youth Association

Merseyside Youth Association (MYA) provides innovative, practical and positive support services to children and young people.
Abney Building, 65-67 Hanover Street L1 3DY
0151 702 0700 admin@mya.org.uk
www.mya.org.uk

Deaf Active Youth Service

The Joseph Lappin Centre, Mill Lane, Old Swan, L13 5TF
07515 639 473 SMS: 07515 639 473
ianduncan@deafyouth.co.uk

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

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/>

Youth Access

Youth Access is a national membership organisation for youth information, advice and counselling services. We provide information of youth agencies to young people over the telephone, so they can find out their nearest counselling/advice service.
Monday to Friday : 9 am to 1 pm and 2 pm to 5 pm
020 8772 9900

National Youth Advocacy Service

Offer information, advice, advocacy and legal representation to children, young people and vulnerable adults.
0808 808 1001 help@nyas.net

Riverside

Family Support in Sefton



Support for families - Sefton Council

For families that need extra help and support Sefton Council can meet with you individually to do an assessment of your needs.

If you require any further information on support you can receive via your Family Wellbeing Centres please contact your local Centre

North Sefton: talbotst.fwc@sefton.gov.uk

Central Sefton: netherton.fwc@sefton.gov.uk

South Sefton: marieclarke.fwc@sefton.gov.uk

Children's Centres

Linaker Family Wellbeing Centre

Linaker Street, Southport, PR8 5DQ

0151 288 6765

First Steps Family Wellbeing Centre

Farnborough Road Birkdale PR8 3DF

01704 572579

Meadow Lane

Ainsdale, Southport, PR8 3RS

01704 571606

Talbot Street Family Wellbeing Centre

St Andrews Place, Southport, PR8 1HR

01704 534975

Formby Library and Family Wellbeing Centre

Duke Street, Formby, L37 4AN

01704 534975

Netherton Family Wellbeing Centre

Magdalen Square, Netherton, Bootle, L30 5QH

0151 282 1405

Hudson Family Wellbeing Centre

Moorhey Road, Maghull, L31 5LE

0151 531 0117

Thornton Family Wellbeing Centre

Stannyfield Drive, Thornton, L23 1TY

0151 934 4991

Litherland Family Wellbeing Centre

Boundary Road, Litherland, L21 7LA

0151 288 6661

Cambridge Family Wellbeing Centre

Cambridge Road, Bootle, L20 9LQ

0151 282 5436

Seaforth Family Wellbeing Centre

39 Caradoc Road, Seaforth, L21 4NB

0151 286 7807

Marie Clarke Family Wellbeing Centre

Linacre Lane, Bootle, L20 5AQ

0151 330 5260/5261

Waterloo Family Wellbeing Centre

Waterloo Primary School, Crosby Road North

Waterloo, L22 0LD

0151 928 6539

Family Wellbeing Centres offer support with:

Parenting - parents-to-be, new parents/foster parents, behaviour, speech and language.

Health - health visitors, mental health, healthy eating, sexual health

Employment - including training, apprenticeships, and volunteering.

Education - early learning, attendance, further education, educational attainment

Community engagement - social opportunities, events, clubs, activities

Relationships - counselling, loneliness, promoting positive relationships.

Welfare - benefits, debt advice, housing support
Targeted one to one and group work programmes.

Riverside

Family Support in Sefton



Baby Basics

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

Baby Basics Liverpool

178 Queens Drive, Wavertree, Liverpool L15 6XX
<https://baby-basics.org.uk/>

Kindfulness Coffee Club Liverpool

For more information please contact either
Mandy@mykcc.org.uk Zoe@mykcc.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

Growbaby

Growbaby provides good quality second-hand clothes and equipment for babies and kids up to age 5. Anyone can use this service and everything is free.

0151 263 0692

info@southliverpoolvineyard.com

The Venus Centre

The Venus Centre, 215 Linacre Lane, L20 6AD
0151 474 4744

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/>

In your Shoes Litherland

Offer chill and chat; education, training and qualifications; activities and fun events; support, advice and signposting; community shop; meeting/activity room hire.

100 Moss Lane Litherland Sefton L21 7NJ

0151 345 9611

theteam@inyourshoes.org.uk

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 Sefton



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 Sefton



Netherton Feelgood Factory - Community Services

Glovers Lane, Netherton, L30 5QW

0151 291 8010 info@feelgoodfactory.org.uk

The Shopping Service

The Feelgood Factory Shopping Service will undertake food shopping for those who find it difficult to get out or carry heavy bags.

Mow and Grow

The Mow and Grow service will help you keep your garden tidy on a regular or occasional basis. The service will undertake most basic gardening tasks including mowing and strimming.

Befriending

The Befriending Project helps people who are on their own and would benefit from someone visiting their homes for a chat once or twice a week.

Brighter Living Partnership Community Café

Brighter Living offer a weekly luncheon club to older people (aged 50+), especially those who are isolated or at risk of loneliness. For just £4 you get two courses.

Southport Community Centre, Norwood Road
PR8 6HQ

01704 517 810/ 07712 443 735

Ash Street Baptist Church

Ash Street, Bootle, Merseyside, L20 3HA

Every other Monday there is a Pensioners afternoon social 1 pm to 3.30 pm.

Coffee Mornings every Thursday, which are open to everyone.

0151 474 8784 brianastill@live.co.uk

Formby CVS / Luncheon Club

The Club provides a lunch consisting of a main course followed by a dessert or cheese & biscuits and coffee or tea on Tuesday and Thursday and is served at 12.15p m.

The Luncheon Club, 68 Rosemary Lane L37 3HA

01704 877311

secretary@formbyluncheonclub.uk

St. Andrew's C Of E Parish Church (Maghull)

22 Damfield Lane, Maghull, L31 6DD

Lunch Club is held every Thursday at 12.30 pm and is open to the older members of the Maghull community.

0151 531 8972

enquiries@maghullstandrew.com

St. Luke's C Of E Parish Church (Southport)

Friday from 1 pm - Bingo and Refreshments.

All welcome.

07979 607968 services@sluke.co.uk

Age Concern Liverpool & Sefton: Friendship service

Friendship service for people aged 50+ in Liverpool and Sefton

0151 330 5678

mail@ageconcernliverpoolandsefton.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



Riverside Older People Support in Sefton



United Reformed Church (Birkdale)

Grosvenor Road, Birkdale, PR8 2ET

Church Badminton Club Tuesday 2 pm (Over 55s) & 8 pm Badminton Club

Lunch Club The Church Lunch Club welcomes anyone over 60 who would like to eat a freshly-prepared traditional two-course meal for only £5! 2nd and 4th Tuesdays of the month members arrive at 12 pm and lunch is served at 12.20 pm
Please phone Chris on 563 660 before your first visit so that we can cater sufficiently.

Wednesday Focus

Maghull Baptist Church, Hall Lane, L31 3DY
'Focus' is a community drop-in for older folk that runs every alternate Wednesday from 12 pm to 3pm.

0151 520 2141

admin@maghullbaptistchurch.co.uk

Ainsdale Lunch and Leisure Club

Ainsdale Methodist Church, 688 Liverpool Road, PR8 3NQ

Ainsdale Lunch and Leisure Club - activities Monday to Friday please contact Audrey for more information.

01704 574 838

manager@ainsdalecommunitycare.org.uk

Ainsdale Village Singers

Ainsdale Village Church Hall, Shore Road PR8 3HW

For further information please contact Chris.

01704 871 393/ 01704 571 709

Association of Formby Artists

Formby residents who meet regularly on Wednesday to draw and paint

The Stables, 6 Back O'the Town Lane, Ince Blundell L38 6JJ

0151 929 3311 roger.jenkins@talktalk.net

The Atkinson

Lord Street, Southport, PR8 1DB

The Atkinson is a place to meet people and be active, take a look at the regular events we hold for adults. Weekly activities

01704 533 333

https://www.theatkinson.co.uk/

Coffee and Crochet

St John and St James Church and Community Centre, 71 Bailey Drive, Bootle, L20 6EX

Friday Coffee Morning/Coffee and Crochet Friday 10 am to 12pm

0151 933 2116 enquiries@stjohnandstjames.org

Crosby Camera Club

Crosby Central Library, Small Lecture Room, Crosby Road North, Waterloo L22 0LQ

Meetings are held every Wednesday 8 pm to 10 pm, September to April.

0151 931 3515 karenredfern@btconnect.com

Mental Health and Wellbeing Support in Sefton



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

Liverpool and Sefton

Anyone aged 16 and over

For urgent mental health support, please call our **24/7 freephone helpline: 0800 145 6570**

Mind Clarity CIC

142 Claughton Rd, Birkenhead, CH41 6EY
07877253999 contact.mindclarity@gmail.com

Sefton CAMHS (age 0 to 25)

If you have any urgent mental health concerns, please contact the CAMHS crisis team 24 hours a day, seven days a week on 0151 293 3577 or freephone 0808 196 3550.

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 Sefton



Talk Liverpool - North office

7 New Hall, Fazakerley, Liverpool, L10 1LD
0151 228 2300 (Mon to Fri 8am to 6pm)
talkliverpool@merseycare.nhs.uk

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

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

Priority Youth Project: 'Priority Youth Counselling Support Programme'

St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA

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

07523 650 956 hello@priorityyouth.co.uk

The Comedy Trust: 'Laughter After Loss'

Royal Court Theatre, 1 Roe Street, L1 1HL

Workshops, drop-ins and discussion groups to for adults following a bereavement.

0151 702 5893 info@thecomedytrust.com

Comedy Trust: Feeling Funny Mum's & Dad's Drop In Group

22 School Lane, Liverpool, L1 3BT

Offers a programme of activities aims to address and highlight some of the issues affecting mums and mums-to-be who have experienced perinatal depression &/or anxiety, or who might be at risk of experiencing it in the future.

0151 702 5893/ 07593 042 930

helen@thecomedytrust.com

Evolving Mindset

Free Mental Health Well-being sessions. Face to face sessions have been suspended but sessions are available online.

evolvingmindset@outlook.com

www.evolvingmindset.co.uk

Go with the Flow - Bootle

May Logan Centre, 294 Knowsley Road L20 5DQ

Weekly sessions are open to all abilities and provide space and time for your own creative development within a friendly supportive group.

<https://gowiththeflow984.wordpress.com/>

Access Sefton is a free, confidential service to support people with anxiety, depression and other common mental health conditions. The service is available to anyone aged 16+ and registered with a Sefton GP.

0300 303 2708 AdminAccessSefton@nhs.net

The Life Rooms is providing mental health and wellbeing support for anyone aged 18+.

0151 478 6556

Domestic Abuse Services in Sefton



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 Sefton



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

Domestic Abuse Services in Sefton



Sefton Independent Domestic Violence Advisors (IDVA) Team

Offers free crisis intervention support to high risk victims of domestic abuse. provide practical help including safety planning for the whole family, support through the Criminal Justice System, and home security checks. work with male and female victims aged 16+ work with victims even if they chose to remain in their relationship.

Available: Monday to Friday 9 am to 5 pm
0151 934 5142 IDVA.Team@sefton.gov.uk

Local Solutions (IDVA) Independent Domestic Violence Advisory Service

The IDVA (independent domestic violence advisors) service is provided to male and females in the Liverpool area who have been identified as being at HIGH RISK of ongoing domestic abuse
0151 709 0990 dva@localsolutions.org.uk

Sefton Women's & Children's Aid (SWACA)

166 Knowsley Road, Bootle, Merseyside, L20 4NR
SWACA's dedicated team help women, young people and children survive the impact of Domestic Violence and Abuse by giving free practical and emotional support. Our services are offered regardless of Age, Disability, Sexuality, Race or Religion

24hr Helpline: 0808 2000 247
0151 922 8606 07779 745 594 help@swaca.com

Endeavour Project

Registered charity offering a wide range of services including front line community-based support, group work and counselling for those affected by domestic abuse.

01204 394 842
enquiries@endeavourproject.org.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 Sefton



Employment Support

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

South Sefton Visually Impaired Group

Sing Plus, 53 Cambridge Road, Seaforth, L21 1EZ
South Sefton Visually Impaired Group is a social support group for people with a visual impairment. People need to be registered as having a visual impairment in order to attend.

The group meet weekly for information and a 2 course hot meal from 1 pm to 5.30 pm at the SING Plus Centre. For this group door to door transport can be arranged. The cost is £5.10 per person for the meal and transport.

For further information call 0151 285 5031

St. Oswald's Church (Netherton)

St. Oswalds Church Centre, Ronald Ross Avenue
Netherton, Bootle L30 5RD

'Grub at the Hub' Carers Cafe - good savoury and sweet food with a cuppa in a secure, safe, relaxed & friendly environment with plenty of space, for all carers whether of young or old together with those you care for. Last Saturday each month from 12 pm 3pm.

Lunch Club - fortnightly on Wednesday's at 12 pm. All welcome for good food and company.

0151 284 2628

debbie@stoswaldsnetherton.org.uk

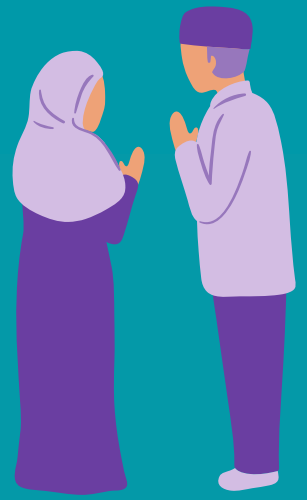
Advocate Musical Theatre Community group

Southport Temperance Institute, 65 London Street
PR9 0TH

Advocate musical theatre community group is for adults with additional needs. The group has a musical theatre theme, where members can sing and dance to their favourite songs.

07926164509 emcaz@hotmail.co.uk

Migrant and Multi-Cultural Support in Sefton



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 Sefton



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

South Sefton Ukraine Welcome Centre

Methodist Church, 19 Mersey Road, L23 3AE
0151 338 5457/ 07360152886
crosbyuacentre@gmail.com

North Sefton Sefton Ukraine Welcome Centre

Victoria Centre, 197a Sussex Road, PR8 6DG
01704 264 505 hello@compassionacts.uk

Southport Mosque & Islamic Centre

102a Sussex Road, Southport, PR9 0SL
01704 539859 www.southportmosque.com

Southport Community Centre

Norwood Road, Southport PR8 6HQ
01704 517810

Resources

Language Identification Chart

https://www.refugeecouncil.org.uk/wp-content/uploads/2020/01/Language_ID_chart.pdf

Women's Groups in Sefton



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

Swan Women's Centre

6 Linacre Road, Litherland, Liverpool, L21 6NR
Supporting women to achieve mental well-being and providing services for women who experience anxiety, depression, stress or mental health issues.

0151 933 3292

contact@swanwomenscentre.org

National Association of Women's Clubs

68 Rosemary Lane, Formby, L37 3HA
01708 730805 nawc@btconnect.com

Women's Institute Sefton

Moor Lane Methodist Church, Moor Lane, Crosby L23 2UQ
www.thewi.org.uk

The Association for Post-Natal Illness (APNI)

Helpline for women with post-natal depression, their partners and healthcare professionals.
https://apni.org/

Kindfulness Coffee Club - Tea and Empathy

Weekly Activities -
<https://kindfulnesscoffeclub.org.uk/>
Kindfulness Coffee Club, 164A Knowsley Road L20 4NR
0151 287 2704
Mandy@kindfulnesscoffeclub.org.uk

Riverside

Men's Groups in Sefton



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

Men's Club

This group is open to all men from across the local community who wish to take part in a variety of activities such as gardening, physical activity, trips out and wood work amongst others. The group meets every Tuesday between 1 pm and 3 pm.

Southport Community Centre, Norwood Road Southport, PR8 6HQ

01704 517 810/07712 443 735

Leyland Road Methodist Church

Methodist Church, Leyland Road PR9 9JQ

The gentlemen from the congregation and friends meet monthly, usually on the third Saturday, at 8.30 am for a fry up. Don't worry about booking in. Just turn up!

01704 536648

Botanic Gardens Men's Society

To provide recreation or other leisure time activities in the interests of social welfare for all men over 60 years of age who reside in the Metropolitan Borough of Sefton.

Botanic Gardens, Bank Field Lane, Churchtown Southport, PR9 7NB

01704 225868

Sefton Family Wellbeing Men Talk

Netherton Family Well Being, Magdalen Square Bootle, L30 5QH

Thursdays at 10.30 am to 11.30 am

0151 282 1405 netherton.FWC@sefton.gov.uk

PSS: Wellbeing Centres - Mens Support Group

An informal self help group for men experiencing the challenges of living with anxiety, depression and emotional distress.

The Umbrella Centre, 111 Mount Pleasant L3 5TF

0151 708 0415 wellbeingcentres@pss.co.uk

LGBTQ+ Support in North Sefton



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 Sefton



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.

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 <https://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