

Wigan Support Directory



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Riverside

Riverside Support Services



ASB, hate crime and domestic abuse

Our focus is to make sure all of our customers feel safe and have the support they need. We want our neighbourhoods to be safe places for everyone. We won't tolerate behaviour that prevents our customers feeling secure in their home and their neighbourhood.

To find out more about what support is available or to report incidents please visit

<https://www.riverside.org.uk/you-your-home/asb-hate-crime-and-domestic-abuse/hate-crime/>

Money and benefit welfare advice

Our Money Advice Team are specialists in assisting and advising with Welfare Benefits. They can help you to make a claim, submit an appeal if you have been refused, explain how the different types of Benefits work and ensure that you are receiving your full entitlement.

For benefit advice please visit

<https://www.riverside.org.uk/you-your-home/money-advice/benefit-advice/>

For support from our money advisors please visit

<https://www.riverside.org.uk/you-your-home/money-advice/debt-advice/>

Energy and heating

Heating your home can be a real cost pressure. Here you can find guidance around keeping your costs down while keeping your home warm and free of damp.

For support from our Affordable warmth Team please visit

<https://www.riverside.org.uk/you-your-home/energy-and-heating/affordable-warmth-team/>

Employment and Training

Our Employment and Training Team provides free support to anyone living in a Riverside home. The team offer a tailored service for each person we work with. So whether you're a young person looking for a first job, would like to gain a qualification or are planning for longer term – we are here to help!

We can help support you in

- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start your own business

To find out more visit

<https://www.riverside.org.uk/you-your-home/employment-training/>
or email

Safety and Support

We take our responsibility to make sure you are safe and comfortable in your home very seriously. Find out about asbestos, water and fire safety as well as advice on domestic abuse and report nuisances here.

<https://www.riverside.org.uk/you-your-home/safety-support/>

Riverside

Food Support Services in Wigan



Council Support

Household Support Fund

Wigan Council have received funding from the UK government for the Household Support Fund.

To be eligible for the Household Support Fund, you must meet the following criteria:

- Struggling to afford food and energy costs
- You live in the borough of Wigan (if you don't live in Wigan borough, you must apply to your own local authority)
- Be aged 16 years or more
- Applicants with no recourse to public funds can apply regardless of their immigration status, if there is a genuine care need that does not arise solely from destitution for example if:
 - There are community care needs
 - They have serious health problems
 - There is a risk to a child's wellbeing.

Anyone can apply for support. You do not need to be in receipt of benefits to apply.

What support is available?

There is a variety of support available for:

- Payments or vouchers towards Food
- Help towards energy costs
- Other essential items.

Requests for support will be directed through our current local welfare support offer.

To make a claim for the Household Support Fund, you will need to:

- Apply for welfare support online
- Alternatively, you can call 01942 705221, Monday to Friday, 9 am to 5 pm.

To find out more visit

<https://www.wigan.gov.uk/Resident/Benefit-Grants/Welfare-Reform/Household-support-fund.aspx>

Riverside

Food Support Services in Wigan



Food Banks

Atherton & Leigh Food Bank

Kingsleigh Methodist Church, 73 King Street, Leigh
WN7 4LR

07980881925

Open Monday and Tuesday 10 am to 12 pm

Atherton & Leigh Food Bank

Leigh Baptist Church, Vernon Street, WN7 1BH
07980881925

Open Thursday 10 am to 12 pm

Atherton & Leigh Food bank

Olympic House, Platt Street, Platt Bridge. WN2 5DA
07980881925

Open Tuesday 1 pm to 3 pm

Pantries

Annie's Pantry

St Anne's Community Centre, 152 Beech Hill
Avenue, WN6 7TA

Membership is £5 yearly and £3 per shop for 15
items.

Open Monday 12 pm to 2 pm

Ashton Pantry

St Thomas Church Warrington Road, Ashton-in-
Makerfield, WN4 9PL

Membership is £5 yearly and £3 per shop for 15
items.

**Open Tuesday 11 am to 12 pm, Thursday 2 pm to
3 pm and Sunday 3pm to 4pm**

Fur Clemt

Montrose Skills Hub, 84 Montrose Avenue, WN5 9XN
Membership is £5 yearly, individual priced items

Open Monday to Friday 11am to 3pm

Jed's Pantry

St Stephen's Church, Balcarres Avenue, WN1 3UT
Pay as you can afford

Open Tuesday 9 am to 11 am

Pantry Parcels Cabin

St Thomas Church Car Park, Warrington Road,
Ashton-in Makerfield, WN4 9PL

Emergency food parcels could be obtained by
emailing

deborahthomas-pantryparcels@outlook.com

Open Tuesday and Friday 9.30 am to 12 pm

Shevington Community Pantry

St Anne's Parish Centre, 15 Church Lane,
Shevington. WN6 8BD

Membership is £5 yearly, individual priced items

**Open Monday and Wednesday 1.30 pm to 3pm
and Saturday 9 am to 11 am**

St Nathaniels Pantry

Church Road, Platt Bridge, WN2 3TD

Membership is £5 yearly and £3 per shop for 15
items.

Open Thursday 9 am to 12 pm

The Brick St George's Church,

65 Water Street, WN1 1XD

***Contact before attending - 01942318004**

The Bridge

6 The Avenue, WN7 1ES

£2 membership individual priced items

Open Monday to Friday 10 am to 3 pm

The Pantry

Christchurch Church St, Ince in Makerfield WN3
4RF

Membership is £5 yearly and £3 per shop for 15
items.

Open Thursday 9 am to 12 pm

Riverside

Food Support Services in Wigan



Tom's Pantry

Church Street, Poolstock, Wigan WN3 5DZ
Membership is £5 yearly and £3 per shop for 15 items.

Open Tuesday, Wednesday, Friday 9.30 am to 12 pm and Thursday 5 pm to 7 pm

*** Saturday: Available during Faith Café, 11 am to 2.30 pm.**

Trading Post

The Bethel Green Family Church, Atherton Road,
Hindley Green WN2 4SA

No Charge

Open Friday and Saturday 10 am to 11 am

Higher Folds Community Centre

Stirling Close, Higher Folds, Leigh WN7 2UB

Items are priced individually.

Open Monday and Wednesday 1 pm to 5.30 pm

Thursday 12 pm to 5.30 pm Friday 1 pm to

5.30 pm Saturday 12 pm to 5.30 pm

Community Stores

Community Grocery

The Edge, Riveredge, WN3 5AB

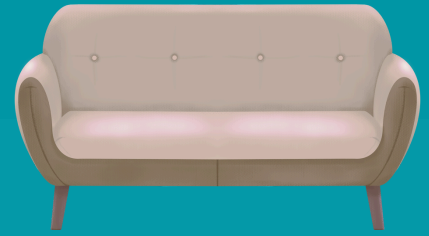
£5 Membership and then £5 for 12 items, £7.50 for 18 items, or £10 for 24 items.

Open Monday to Friday 9 am to 4 pm

For additional food support services please download our National Support Directory



Riverside Furniture Support in Wigan



Council Support

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<https://www.wigan.gov.uk/Resident/Benefit-Grants/Welfare-Reform/Household-support-fund.aspx>

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

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://buddleuk.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/>

Riverside Furniture Support in Wigan



Charity Shops

Wigan BHF Shop

37 Standishgate, Wigan, WN1 1UP
01942 820155

Open Monday to Saturday 9.30 am to 5 pm

Sunday 10 am to 4 pm

The Salvation Wigan

30 Wallgate, WN1 1JU
019428 20827

The Brick

160 Gidlow Lane, Wigan, WN6 7EA
01942 324883

Open Monday to Friday 9 am to 4 pm

Wigan and Leigh Hospice

104 Bradshawgate, Leigh, WN7 4NP
01942 682888

**Open Monday, Wednesday, Friday and Saturday
9 am to 2.30 pm**

Tuesday and Thursday 9 am 2.30 pm

Wigan and Leigh Hospice

19-23 Lord Street, Leigh, WN7 1AB
01942 679580

Open Monday to Saturday 9.45 am to 3.45 pm

RSPCA

32 Market St, Wigan, WN1 1HX
01942 248493

Open Monday and Saturday 10 am to 3 pm

Riverside Cost of Living Support in Wigan



Wigan Council

Here for you

Are you feeling the pressure of rising costs and finding it hard to know where to turn? You aren't alone and there are lots of organisations around to point you in the right direction. Wigan Council website has a list of resources to find the support that is right for you.

<https://www.wigan.gov.uk/Council/Communities/Here-for-you/What-we-are-here-to-do.aspx>

You can also call **01942 705221** for support

If you're concerned that you cannot afford to heat your home or feed your household, you can seek urgent welfare assistance. Examples of being in crisis include:

- Having no means of providing food for yourself or your family
- Being homeless or finding yourself at risk of being homeless
- Having no basic necessities to manage your home

To access support, you can call **01942 705221** to speak to an advisor or visit

<https://www.wigan.gov.uk/Resident/Benefit-Grants/Welfare-Reform/Local-welfare-support-professional-referral-form.aspx>

Benefits advice and guidance

<https://www.wigan.gov.uk/Council/Communities/Here-for-you/Benefits-and-childcare.aspx>

Keeping your home warm

<https://www.wigan.gov.uk/Council/Communities/Here-for-you/Being-energy-savvy.aspx>

Feeling overwhelmed

<https://www.wigan.gov.uk/Council/Communities/Here-for-you/Feeling-overwhelmed.aspx>

Libraries

Aspull Library

Oakfield Crescent, Aspull, Wigan, WN2 1XJ
01942 831303

aspull.library@wigan.gov.uk

**Open Monday 10 am to 1 pm, Tuesday 10 am to 12 pm, Thursday 9.45 am to 12.15 pm
Friday 10 am to 12 pm**

Hindley Library and Community Centre

First Avenue, Hindley, Wigan, WN2 3EB
01942 255287

**Open Monday to Wednesday 9 am to 2 pm,
Thursday to Friday 12 pm to 5 pm and
Saturday 9 am to 2 pm**

Ince Library

Ince Clinic and Community Centre, Manchester Road, Ince, Wigan, WN2 2DJ
01942 486868

Open Monday to Friday 8.30 am to 4 pm

Leigh Library

Turnpike Centre, Civic Square, Market Street
WN7 1EB
01942 404404

**Open Monday to Friday 9 am to 4 pm and
Saturday 9 am to 2 pm**

Platt Bridge Library

Platt Bridge Community First, Rivington Avenue, WN2 5NG
01942 487997

**Open Monday to Wednesday 9 am to 2 pm
Thursday to Friday 12 pm to 5 pm**

Wigan Life Centre

The Wiend, Wigan, WN1 1NH
01942 827621

**Open Monday to Friday 9 am to 4 pm
Saturday 9 am to 2 pm**

Employment Support

Supported Employment Service

The role of the Supported Employment Service (SES) is to support people with a disability or long-term health condition to gain and sustain paid employment. SES offers a comprehensive package of advice, guidance and support to both the employer and prospective employee. This includes accurately matching the right person to the right job, conducting employee specific risk assessments in the workplace, practical one to one support and, where required, specialised instruction for the employee to be trained to carry out the tasks of the job to meet the expectations of the employer.

They offer support to:

- Improve employability
- Apply for jobs
- Develop interview techniques
- Participate in work placements
- Gain independence in the workplace (one-to-one job coaching)
- Keep you in employment

You can contact the team by calling **01942 828439** or putting completing an online enquiry form

<https://www.wigan.gov.uk/Contacts/Supported-employment-service.aspx#ContactEmail>

Wigan Youth Zone

Wigan youth zone delivers an 8 week course for young adults aged 16 to 25 to prepare for employment. Support includes:-

- Improved Confidence
- Increased motivation
- Resilience
- Employability Skills
- Independence
- Gain new opportunities
- Reach personal goals
- Money Management

<https://www.wiganyouthzone.org/what-we-offer/employability/>

Credit Unions

Unify Credit Union

21 Crompton Street, Wigan, WN1 1BN
info@unifycu.org 01942 245656
<https://www.unifycu.org/contact.php>

Citizens Advice

Citizens Advice Wigan

Citizen's advice Wigan can offer support including

- General Advice
- Cost of living support
- Debt Advice
- Energy Advice
- Macmillan Partnership
- Money Planning
- Pension support

Wigan Life Centre, The Wiend, Wigan, Greater Manchester, WN1 1NH.

0808 2787 801

Debt Support

Wigan Council

Wigan Council website offer advice and guidance if you are struggling with debt.

<https://www.wigan.gov.uk/Resident/Consumer-Advice/Money-advice/Managing-Your-Money.aspx>

For additional cost of living support services please download our National Support Directory

Riverside Welcoming Spaces in Wigan



Libraries

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Oakfield Crescent, Aspull, Wigan, WN2 1XJ
01942 831303

aspull.library@wigan.gov.uk

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Platt Bridge Library

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01942 487997

**Open Monday to Wednesday 9 am to 2 pm
Thursday to Friday 12 pm to 5 pm**

Wigan Life Centre

The Wiend, Wigan, WN1 1NH
01942 827621

**Open Monday to Friday 9 am to 4 pm
Saturday 9 am to 2 pm**

Community Groups

Armed Forces Community HQ Molyneux

House, School Lane, Wigan. WN1 3SE

*For armed forces, veterans, and their families only

Open Monday and Friday 10.30 am to 1.30 pm

Book Cycle

19-21 Bradshawgate, Leigh WN7 4NB

Open Monday to Saturday 10.30 am to 4.30 pm and Sunday 12 pm to 3.30pm

Christ Church Pennington

Schofield Street, Leigh, WN7 4HT

Open Tuesday 10 am to 11.30 am

Compassion in Action

58 Leigh Rd, Leigh WN7 1QY

Open Monday to Friday 9 am to 4 pm

Edington Arms

186 Ladies Lane, Hindley WN2 2QJ

Open 1st Tuesday of the month 11 am to 2 pm

Ekhaya Centre Ekhaya Empowerment C.I.C,

87 Mesnes Street, Wigan WN1 1QJ

**Open Wednesday 12 pm to 2pm and Fridays
10 am to 12 pm.**

Family Hub

Hindley Mornington Road, Hindley WN2 4LG

Open Monday to Friday 9 am to 4 pm

Heart Communities CIC

Creative Spin Studios, Floor 4, Spinners Mill,
Park Lane, Leigh WN7 2LB

Open Tuesday 10 am to 2 pm

Higher Folds

Community Centre Higher Folds Leigh WN7 2UB

**Open Tuesday 10am and Wednesday
12.30pm.**

For additional cost of living support services please download our National Support Directory

Riverside Welcoming Spaces in Wigan



Ince Rose Bridge Sports and Community Club

Pinfold St Ince WN2 2DZ

Open Wednesday to Thursday 5.30 pm to 11 pm

Jed's Pantry - St Stephen's Church

Balcarres Ave Wigan WN1 3UT

Open Tuesday 11 am to 1 pm

Leigh Parish Church,

The Stable Hub St Mary the Virgin, St Mary's Way, Leigh WN7 1YD

Open Wednesday 10 am to 12.30 pm

New Life Church

1 Ullswater St Leigh WN7 4DZ

Open Wednesday 10 am to 12 pm

Platt Bridge Community Centre

Platt St, Platt Bridge WN2 5DA

Open Friday 10 am to 12 pm - all year

Tuesday 11.30 am to 1.30 pm - winter months only

St Michael & All Angels

Duke Street Swinley WN1 2BJ

Open Wednesday 10 am to 12 pm

St Nathaniels St Nathaniels Church

Church Road, Platt Bridge, WN2 3TD

Open Tuesday 9.45 am to 11.45 am (warm space in Chapel)

Wednesday 6.30 pm to 8.30 pm games night and warm space.

Every Thursday from 9am to 1pm

Sunshine House, On the way cafe

Wellington Street, Scholes, Wigan WN1 3SA

Open Monday to Sunday 8.30 am to 4.30pm

The One House

45 Haigh Road Aspull Wigan WN2 1RR

Open Monday, Wednesday, Friday and Saturday 9 am to 12 pm

Trinity United Reformed Church

Milton G Grove, WN1 2PG

Open Monday 12 pm to 2.30 pm (until February 2025)

Wigan & Leigh Carers Centre

3 Frederick Street Hindley WN2 3BD

Open Monday 10 am to 12 pm

Wigan & Leigh Pensioners Link

27 Charles Street, Leigh. WN7 1DB

Monday to Friday 10 am to 4 pm

Leigh Leisure Centre

Sale Way Leigh WN7 4JY

Open Monday to Friday 6.30 am to 10pm and

Saturday and Sunday 8 am to 4 pm

Wigan Life Centre

College Avenue Wigan WN1 1NJ

Open Monday to Friday 6.30 am to 10pm and

Saturday and Sunday 8 am to 4 pm

The Brick St. George's,

65 Water Street, Wigan, WN1 1DN

Open Monday, Tuesday, Thursday and Friday 10 am to 3 pm

Tea Junction Café

The Bridge Community Hub 53 Railway Road, Leigh WN7 4AD

Open Monday to Friday 9 am to 3 pm, Saturday 9.30 am to 2.30 pm

More information can be found at

<https://www.wigan.gov.uk/Docs/PDF/Council/The-Deal/Deal-Communities/Here-for-you/Warm-Spaces.pdf>

For additional cost of living support services please download our National Support Directory

Riverside Digital Inclusion Support in Wigan



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The Wiend, Wigan, WN1 1NH
01942 827621

**Open Monday to Friday 9 am to 4 pm
Saturday 9 am to 2 pm**

Digital Inclusion Hubs

Ekhaya Empowerment C.I.C

81 Mesnes Street, Wigan, WN1 1QJ
07508510357

Queen's Hall Action on Poverty T/A The Brick

St Georges, Water Street, Wigan, WN1 1DN
01942 318 004

O2 Wigan

Unit 36, Grand Arcade Shopping Centre, WN1 1BH
01942 238888

ACE - Adult Community Education (Wigan) Limited

2nd Floor Queen's Hall, Market Street, Wigan, WN1 1HX
01942 829321

Wigan Town Hall

Library Street, Wigan, WN1 1YN
01942 489004

Wigan and Leigh Carers Centre

Frederick Street, Hindley, WN2 3BD
01942 697885

Care leavers & transition team

617 Liverpool Road, Platt Bridge, WN2 5BD
01942 487150

Mornington Family Hub

Mornington Road, Wigan, WN2 4LG
01942 488246

O2 Leigh

Spinning Gate Shopping Centre, Leigh, WN7 4PG
01942 807007.

Kerry's Corner

Stirling Close, Higher Folds Community Centre Leigh, WN7 2UB
01942 674548

For additional digital inclusion support services please download our National Support Directory

Riverside Youth Provision in Wigan



Family Centres

Family Hubs are a new way of bringing together all the support a family may need, from pregnancy through to young people turning 19 (or 25 if they have a Special Educational Need or Disability (SEND)).

Family hubs will operate as a network of services within your neighbourhood to provide accessible and connected services and support to all families.

How can Family Hubs help me?

There are a variety of ways our Family Hub network can support you including:

- Health Visiting, Midwifery and antenatal appointments and classes
- Activities for babies and children aged 0-5
- Support advice and guidance for families of children and young people with special educational needs and disabilities
- A range of housing advice and support including homelessness, help with affordability and tenancy arrangements
- Help with debt and money worries including access to food parcels/pantries
- Ways to improve whole family physical and mental health and wellbeing
- Parenting support, advice, and guidance
- Help to build, strengthen and maintain healthy relationships including learning opportunities
- Activities, opportunities, and support for young people

There will also be places across your neighbourhood where access to digital equipment will be available to support with things like job searches, housing applications and booking appointments.

Ince Road Family Hub

Charles Street, Ince, Wigan, WN2 2AL

Platt Bridge Family Hub

Rivington Avenue, Platt Bridge, Wigan, WN2 5NG

For further information about the offer available or to book onto any sessions, please contact **01942 488246**

Support Services and Groups

Wigan Youth Zone

Activities and support for young people aged 8 to 19 (25 with SEN)

Parson's Walk, Wigan WN1 1RU

01942 612061

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

Targeted Youth Support Service

The Targeted Youth Support Service run some groups for young people aged 8-19 across Wigan Borough, including some groups that are just for you if you need some extra support, groups for young people who are lesbian, gay, bi-sexual or transgender, young people from different ethnic backgrounds and young people in care.

tyssweb@wigan.gov.uk

Leigh Youth Hub

Offer a varied timetable of sessions and events 6 days a week.

Leigh Sports Village, Sale Way, Leigh, WN7 4JY

01942 487840

youthhub@leighsportsvillage.co.uk

For additional youth support services please download our National Support Directory

Riverside **Older People Support** **in Wigan**



Age UK Advice Line - 0800 678 1602

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

Wigan and Leigh Pensioners Link

Wellbeing and group activities including Art & Crafts Class, Coffee Club, Exercise Class, Genealogy / Family History, IT Drop In Group, Knit & Crochet, Movement & Balance Class, Poetry Class, Walk and Talk.

They also offer wellbeing support and benefits advice.

Wigan & Leigh Pensioners Link

27 Charles Street, Leigh, WN7 1DB

01942 261 753

contact@pensionerslink.org.uk

Be Well Wigan

Offering to support you in later life, whether at home or in your local community – with specialist advice, activities and programmes to help you age well.

<https://bewellwigan.org/lifestyle/health-and-wellbeing-support/active-ageing/>

Royal Voluntary Service

The Royal Voluntary Service is a national charity that provides a range of services to support older people in the UK. One of their flagship services is their lunch clubs, which provide a hot meal and social activities for likeminded people in local communities.

0330 555 0310

Age UK Wigan

Age UK offer a range of support services within the community. This includes:

Steps to Success - Short term target driven support for adults who are experiencing isolation and/or beginning to develop mental health issues

Information and Advice - Provides information and advice on a range of issues relating to people aged 50 and over, and those who care and support them, who live in the Borough of Wigan

Support at Home - Home Help Service

Get a quality service at a competitive price to help you with household chores.

Handyperson Service - Get a high quality and efficient service from a trusted handyperson to improve the safety and security of your home.

Bright Days Activities - We work in partnership with other services and organisations to provide a range of activities to suit everyone, located at various venues within Wigan Borough.

To find out more or to get involved visit

<https://www.ageuk.org.uk/wiganborough/our-services/>

or contact **01942 615880**

enquiries@ageukwiganborough.org.uk

Older Adult Community Mental Health Team

If you are experiencing a mental health crisis and need urgent help, please contact the Mental Health Crisis Line on Freephone **0800 051 3253**

The HUB CIC

A home from home day Hub for older adults & those living with Dementia, Learning/Physical disabilities.

Little Rainbows 2 Day Nursery, 30 East Bond Street Leigh WN7 1BP

07983867678

01942 673327

For additional older people support services please download our National Support Directory

Mental Health and Wellbeing Support in Wigan



Hub of Hope

Hub of Hope is the UK's most comprehensive national mental health support database. Download the free app or text **HOPE** to **85258** to find relevant services near you.

NHS Greater Manchester

To find out more about mental health support offered through NHS Greater Manchester please visit -

<https://www.gmmh.nhs.uk/services-in-wigan/>

Mental Health Link Workers

The aim of the mental health link workers is to provide mental health advice, guidance and support on how to access services timely that best meet your needs locally in the area where you live.

<https://www.gmmh.nhs.uk/mental-health-link-workers>

01942 764429

Making Space

Supporting people aged 16 and over, who live in Wigan and who are struggling with mild to moderate common mental health conditions.

Making Space, 46 Allen Street, Warrington, Cheshire WA2 7JB

01925 581755

masp.wellbeing@nhs.net

Wigan Talking Therapies (formerly Think Wellbeing)

Leigh: NHS Talking Therapies, Lindamere Unit, Leigh Infirmary, WN7 1HS

Wigan: NHS Talking Therapies, Wigan Life Centre (South), College Avenue, Wigan, WN1 1NJ

01942 764 45

Mind

Mind offers help and support to those who need it most. There's more than 100 local Minds across England and Wales, offering specialised support and care based on the needs of their communities.

Local Minds run mental health services in local communities. Anyone can get in touch – you don't need to have a GP referral. Each local Mind is different, but the services they offer might include:

- Talking therapy
- Crisis helplines
- Advocacy
- Employment and training schemes
- Counselling
- Befriending services

To find support near you visit

<https://www.mind.org.uk/information-support/local-minds/>

Riverside

Domestic Abuse Services in Wigan



If you are in immediate danger, call 999 and ask for the police.

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

If you are deaf or can't use a phone

You can register with the emergencySMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

Bright Sky app

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

Safe Spaces

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

Wigan Domestic Abuse Service

Supporting anyone affected by domestic abuse – regardless of gender, age or ethnicity. No matter how hopeless you feel the situation might be, we will work with you to help you to explore options to keep you, or someone you care about, safe.

DIAS Drop in Centre:

38 Rodney House, King Street, Wigan WN1 1BT

01942 311365 - Lines Open Monday to Friday

8 am to 6 pm

admin@diasdvc.org

Olive Pathway

Tackling Domestic Abuse & Gender Based Violence (GBV) within BME communities

0756 269 8039

enquiries@olivepathway.org.uk

referrals@olivepathway.org.uk

Well Women Centre

The Well Women Centre is run by Women for women. We aim to provide a quality, 'needs led' service, promoting positive emotional health and wellbeing by offering a range of education, practical and emotional support, empowering women to make positive choices.

The Old Court House, 14 Walmesley Road, Leigh WN7 1YE

01942 681411

Riverside Disability Support in Wigan



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>

Support in Wigan

More Than Words

More Than Words is a dramatherapy project led by a small group of health and social care professionals with the aim of making the experience of performing arts accessible to everyone, in particular young people and adults with disabilities and/or autism.

Sovereign House, Unit B Sovereign Business Park, Kingscroft Court, Wigan, WN1 3AP

01942 735426

info.mtwadvoc@gmail.com

Core CIC

Specialise in providing a quality service for adults with learning/physical disabilities and Autism.

1B Cross Ln, Orrell, Wigan WN5 7DB

01695 632582

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

Wigan and Leigh Carers Centre

Support and services available for all of Wigan's unpaid adult carers, young carers, professionals and employers who work with carers.

3-5 Frederick Street, Hindley, Wigan, WN2 3BD

01942 697885

info@wlcccarers.com

Steps CIC

STEPS cic is a service for adults with a learning disability.

Ashland House, Dobson Park Way, Ince, WN2 2DX

01942 247891 / 07722 584131

info@stepscic.co.uk

ACE Wigan

ACE provides a range of activities for adults with learning disabilities, physical disabilities and mental health needs. They have two sites; one in Wigan town centre and one in Leigh town centre.

2nd Floor, Queen's Hall, Market Street, Wigan. WN1 1HX

01942 829321

enquiries@ace-wigan.co.uk

3rd Floor, Magnum House, 33 Lord Street, Leigh WN7 1BY

01942 262890

enquiries@ace-wigan.co.uk

Brighter Dayz

Brighter Dayz aims to provide flexible, high-quality and person centred approached day-care services to children and young people with a variety of additional and complex health needs and life limiting conditions.

1 Waterworks Business Park, Stephens Way, Warrington Road Industrial Estate, Wigan, WN3 6GW

01942 83 43 63

info@brighterdayz.co.uk

Platt Bridge Community Zone

User-led charity dedicated to supporting disabled people and their families. They have a range of projects that aim to enhance the lives of the people we support.

81 Ribble Road, Platt Bridge, Wigan, WN2 5EG

01942 233323

info@embracewiganandleigh.org.uk

Community Learning Disability Team

Working together to provide specialist support for people with learning disabilities. The Learning Disability Service is currently based at:

Pemberton Health Centre, Wigan

Leigh Town Hall, Leigh

Hindley Town Hall, Hindley

0300 707 1345

<https://www.wvl.nhs.uk/community-learning-disability-team>

For additional disability support services please download our National Support Directory



Riverside Migrant and Multi- Cultural Support in Wigan



Wigan Caribbean & African Community

The group meets on a weekly basis, organises fortnightly social activities and works with partners including Local Authority, Police, education, housing, health, and businesses. The collaborative work is aimed at improving holistic wellbeing, as well as providing a safe space for the Caribbean & African community.

Transformation Community Resource Centre
1st Floor, Richmond House, 11 Richmond Grove
Manchester, M13 0LN

077 1002 2382

Riverside **Women's Groups in** **Wigan**



Women's Groups

Northern Heart and Soul

Offer a wide range of support for people living across wigan.

<https://northernheartandsoul.co.uk/the-dream/>

Menopause Support Group

Friendly and inclusive group offering support to women, and non-binary individuals, in Wigan and surrounding areas to navigate the maze that is menopause.

Meet Last Tuesday of the month, 7.30 pm to 9.30 pm

Hindley Wigan WN2 2QJ

wiganmenopause@outlook.com

Well Women Centre

The Well Women Centre is run by Women for women. We aim to provide a quality, 'needs led' service, promoting positive emotional health and wellbeing by offering a range of education, practical and emotional support, empowering women to make positive choices.

The Old Court House, 14 Walmesley Road, WN7 1YE

01942 681411

Remade Women

Upcycle furniture and homewares in a woman safe workshop. They offer free workshops that support women to be confident, to feel like they belong and are valued, and to express their creativity in a purposeful way.

Wigan - Fur Clemt, Montrose Avenue, Wigan.

Leigh - 5.9, 5th Floor, Spinners Mill, Park Rd, Leigh

<https://remadewomen.co.uk/contact-us>

Riverside **Men's Groups** **in Wigan**



Men's Groups

MAN Leigh CIC

Men's peer support group helping support men living in Leigh

29 Park Lane Leigh WN7 2LA

07548774501

hello@manleighcic.co.uk

www.manleighcic.co.uk

Engage Men's Mental health sessions

Wigan Warriors Community Foundation Men's mental fitness programme.

community@wiganwarriors.com

Wigan Men's Sheds

Open Monday to Friday, the service is focused on supporting people in Isolation.

Platt Bridge Community Zone, 81 Ribble Road,
Platt Bridge, Wigan, WN2 5EG

01942 732022

wigansheds@gmail.com

Wigan Talk Group

The Old Courts, Gerard Winstanley House,
Crawford Street, Wigan, WN1 1NA.

Thursday from 7.30pm

07894 971 434

hello@directionsformen.org.uk

Andys Man Club

ANDYSMANCLUB are a men's suicide prevention charity, offering free to attend peer-to-peer support groups across the UK.

Wigan Sports Club, Bull Hey Parsons Walk, WN1 1RU

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

LGBTQ+ Support in Wigan



LGBTQ+

Trans Unite - BYOU

The BYOU project Wigan and Leigh, is an action group that campaigns for positive change for young people who are lesbian, gay, bisexual, transgender or questioning.

For further details contact the team on

01942 486866 b.youproject@wigan.gov.uk

Spectrum

Advice and support on sex, relationships, contraception, condoms, STIs. Based in The Galleries in Wigan and Leigh Health Centre.

01942 483188

<https://spectrum-cic.org.uk/>

Wigan Pride

Wigan Pride promotes and celebrates equality and diversity by bringing together arts, music, a street parade, and positive messages at a big annual event in Wigan.

<https://www.wiganpride.com/about>

WIGAN LGBTQ+

Wigan LGBTQ+ Group helps to give a voice to the local LGBTQ+ community, offer a chance for people to find new friendships, signpost people to services and create a safe space for LGBTQ+ people to socialise and thrive.

wiganlgbt@hotmail.com

Riverside **Additional Support** **in Wigan**



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

TRC Sexual Abuse & Rape Support Greater Manchester

Unit 314, Peel House, 30 The Downs, Altrincham, WA14 2PX

<http://www.traffordrapecrisis.com>

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

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.

Rape and Sexual Abuse Support RASASC (Cheshire & Merseyside)

The Rape and Sexual Abuse Support Centre (Cheshire & Merseyside) is a registered charity that aims to provide crucial specialist support, independent advocacy, counselling, help and information, for those affected by rape, sexual assault and/or abuse – a free of charge service delivered in a safe and non-threatening environment.

PO Box 35, Warrington. WA1 1DW
01928 477980/ 0330 363 0063

Rape Crisis

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened.

0808 500 2222 open 24 hours a day

<https://rapecrisis.org.uk/get-help/>

Galop

A UK LGBT+ anti-abuse charity, provides a dedicated sexual violence helpline for LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

Victims can contact the Helpline by phone 0800 999 5428 or via email help@galop.org.uk.

The 24/7 Rape and Sexual Abuse Support Line

247 offers Free, specialist and confidential support delivered by Rape Crisis England &

0808 500 2222

To chat online or find out more visit

<https://247sexualabusesupport.org.uk>

National Online Helpline for Male Survivors

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

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

The Survivors Trust

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email.

08088 010818

info@thesurvivorstrust.org

More information can be found at

www.thesurvivorstrust.org

Riverside Additional Support in Wigan



Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** to report

Reporting online -
<https://www.gmp.police.uk/ro/report/hate-crime/triage/v1/report-hate-crime/>

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>

Third party reporting centres

Third party reporting centres (TPRCs) enable victims to report hate crimes and incidents to specialist agencies who can deal with the report (in confidence if required) whilst providing support and assistance.

Wigan and Leigh Citizen's Advice Bureau
0300 3309 077 or visit Wigan or Leigh branch

Wigan Youth Zone
01942 612061

SWAP (Support for Wigan Arrivals Project)
01942 516572

Compassion in Action Haven House (Leigh) or
Patrick House (Leigh)
01942 418 830

Victim Support: (24/7 support)

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. You don't have to report a crime to get help from Victim Support.

0808 16 89 111

Live chat available by visiting
<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Hate Crime Campaign

The Hate Crime Campaign provides information and services to those who have been a victim of Hate Crime.

<https://hatecrime.campaign.gov.uk/>