

Ellesmere Port 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/>

Food Support Services in Ellesmere Port



Council Support

Household Support Fund

Financial help for vulnerable residents in Cheshire West and Chester Council.

The Government provided the Household Support Fund to local authorities for the period 1 October 2024 to 31 March 2025.

Support can include:

- food vouchers for families with children who get free school meals
- payments to Carers and Care Leavers
- payments to Pensioners on a low income who are not receiving Pension Credit and therefore no longer qualify for the Winter Fuel Payment support
- making financial support available to people via local charitable organisations
- helping low income households with energy and food costs

The application process for discretionary support with energy and food costs is now open and further details can be found by visiting

<https://www.cheshirewestandchester.gov.uk/residents/benefits-and-welfare-help/cost-of-living/household-support-fund/energy-and-food-cost-support>

If you need additional financial help due to exceptional hardship, you may be eligible for help with food, energy or other essentials.

Applications for the household support fund will be made online, but please be aware that:

- you can only make one application in any six month period
- if you live with a spouse or partner, you must make a joint application for your household even if your spouse/partner does not apply.

Heating Bank from Citizens Advice

Citizens Advice Cheshire West provides help and advice to residents who are struggling to pay for energy. The Heating Bank is a type of additional support from the Household Support Fund. This will be used to help those most in need with prepayment gas and electricity top-ups, wood oil and Calor gas. We may also be able to help towards account arrears and other essential household costs.

To be eligible for help with energy costs, you must be a resident of Cheshire West and Chester and:

- be struggling to pay your energy costs
- provide proof of your address dated within the last three months
- provide details of your pre payment meter or a copy of your most recent energy bill
- not have received an award since 1 October 2024

Dial West Cheshire

Dial West Cheshire is supporting Cheshire West and Chester Council to distribute the Household Support Fund by providing essential support to the area's most vulnerable, disabled residents.

Individuals and organisations can make a referral to Dial West Cheshire for consideration under the Household Support Fund by completing the online referral form -

<https://dialwestcheshire.org.uk>

If you are not able to use the online referral form, please call Dial West Cheshire's advice line **01244 345655**.

Riverside **Food Support Services in** **Ellesmere Port**



Emergency Food Support

West Cheshire Foodbank

Units 2-4, Stanney Mill, Dutton Green, CH2 4SA
Warehouse and Office Opening Times:
Open Monday to Friday 9 am to 2 pm

Ellesmere Port - Trinity Centre

Trinity Centre, Whitby Road, CH65 0AB
0151 355 7730
Open Monday and Thursday 10 am to 12 pm

Our Ladies

Our Lady, Star of the Sea, 2a Enfield Road
Ellesmere Port, CH65 8BY
0151 3555877
Open Sunday 2 pm to 3 pm

Wolverham Community Centre

Cheltenham Road, Ellesmere Port, CH65 5DS
0151 355 7730
Open Wednesday and Saturday 10 am to 1 pm

Ellesmere Port - Salvation Army

Whitby Road, Ellesmere Port, CH65 6RS
0151 355 7730
Open Tuesday and Friday 10 am to 12 pm

Westminster Community Centre Hub

Westminster Community Centre, Church Parade
Ellesmere Port, CH65 2ER
0151 355 7730
Open Wednesday and Saturday 10 am to 1 pm

Pantries

Wolverham Community Centre

Cheltenham Road, Ellesmere Port, CH65 5DS
0151 355 7730
<https://www.thepeoplespantryep.co.uk/>
Open Thursday 2 pm to 6 pm

The Bread and Butter Thing

Low-cost weekly shop provides essential produce for family eating – fresh fruit and veg, fridge favourites and cupboard staples.
To find out more visit -
<https://www.breadandbutterthing.org/>

Mobile Shop Stops

St Saviour Church

Tarporley Road, Ellesmere Port, CH66 3JY,
United Kingdom
Wednesday 3 pm to 3.30 pm

Stanney Grange Community Centre

Alnwick Drive, Ellesmere Port, CH65 9HE
Friday 2pm to 2.30 pm

Westminster Community Centre

Church Parade, Ellesmere Port, CH65 2ER
Wednesday 2pm to 2.30 pm

The Port Grocery CIC

The Port Grocery is open for anyone in the community to join and there is no eligibility criteria and anyone can benefit from the high quality, low cost food provided.

Weekly Fee £10
9 Rivington Road Ellesmere Port, CH65 9BE
0151 294 5993

Open Monday to Saturday 10 am to 2pm with extended opening on Thursday 4 pm to 6.30 pm

Lunch Club at Westminster Community Centre

Westminster Community Centre, Church Parade, Ellesmere Port, CH65 2ER
07971 727051
Monday 12 pm to 1 pm

Riverside **Food Support Services in** **Ellesmere Port**



Lunch Clubs

Lunch Club at Westminster Community Centre

Westminster Community Centre, Church
Parade, Ellesmere Port, CH65 2ER
07971 727051

Monday 12 pm to 1 pm

Tea at Two, St Thomas' Church Ellesmere Port

Second Wednesday of each month at St Thomas. Group meeting for anyone wishing to attend for tea, cake, conversation and company. Free of charge.

St Thomas and All Saints Church, Whitby Road,
Ellesmere Port, CH65 6UW

0151 245 3599

For additional food support services please download our National Support Directory

Riverside Furniture Support in Ellesmere Port



Charity Shops

Claire House

5 Mercer Walk, The Port arcades shopping Centre
Ellesmere Port, CH65 0AP

0151 356 4040

Open Monday to Saturday 9 am to 5 pm

Age UK Cheshire Ellesmere Port Shop

36 Marina Walk, Ellesmere Port, CH65 0BN

01513 559726

Open Monday to Saturday 9 am to 4.45 pm

YMCA

Mercer Walk, The Port arcades shopping Centre
CH65 0AP

0151 355 3571

**Open Monday to Saturday 9 am to 5 pm and
Sunday 10 am to 4 pm**

Hospice of the Good Shepherd

5 Rivington Road, Ellesmere Port, CH65 0AW

0151 357 1209

Open Monday to Saturday 9.30 am to 4.30 pm

Federation of the Blind

65 Chester Rd, Whitby, Ellesmere Port CH65 6RU

0151 345 5755

**Open Monday to Saturday 9 am to 5 pm Sunday 10
am to 4 pm**

The Besom

Christian organisation that can provide furniture,
kitchen equipment, bed linen and much more.

Referrals can be made by contacting local
support agencies.

www.besominwirral.co.uk

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Christian organisation that can provide furniture,
kitchen equipment, bed linen and much more.

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support agencies.

www.besominwirral.co.uk

Charities

Glasspool Trust

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

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

Buttle UK

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

<https://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 **Cost of Living Support in** **Ellesmere Port**



Employment Support

Work Zones

Work Zones are the "front door" to Skills and Employment services. There are Work Zones in Chester, Ellesmere Port, Winsford and Northwich. They can also provide support over the phone or via Microsoft Teams.

They can offer:-

- One to one information, advice and guidance (IAG) with the National Careers Service about your options for learning and work, to help you to identify and work towards your aims
- Personal skills analysis and action planning
- Confidence building courses
- Qualifications to prepare for employment
- Refresh your English, maths and IT skills with opportunities to gain qualifications
- Free access to computers for job searching and applications

Ellesmere Port Work Zone, The Portal,
Wellington Road, Ellesmere Port, Cheshire,
CH65 0DA
07990 532869
ellesmereportworkzone@cheshirewestandchester.gov.uk

Adult learning

Do you want to learn new skills that could help you move on in, or into employment? If so, adult learning provision in Cheshire West and Chester may be of benefit to you. Courses are wide ranging and available to all adults aged 19 and over. Tuition fees may apply, but many of the courses, including basic maths and English, are free.

<https://www2.cheshireadultlearning.org/>

Employment Directions – IPSPC

Employment Directions is a service that provides holistic employment support for residents living across Cheshire West and Chester. If you have visited your GP, pharmacist, pain clinic or any other primary care service within the last 90 days for a physical or mental health condition, you may be eligible for free support to find or stay in work.

<http://www.cheshirewestandchester.gov.uk/skillsemployment>

The Bren Project

The Bren Project offers people with learning disabilities and autism the opportunity to experience supported, bespoke work placements in Chester and the surrounding area.

The Bren Project, 69, Hoole Road, Chester, CH2 3NJ

01244 313473

gweaver@brenproject.org.uk

Libraries

Ellesmere Port Library

Civic Way, Ellesmere Port CH65 0BG
0151 337 4684

**Open Monday to Friday 9 am to 5pm
(extended Hours Monday, Thursday and Friday until 7 pm) Saturday 9 am to 1 pm**

Credit Unions

West Cheshire Credit Union

The Hub, Wellington Road. Ellesmere Port
CH65 0BA

0151 352 0391

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

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

Riverside **Cost of Living Support in** **Ellesmere Port**



Debt Support and Advcie

Citizens Advice Ellesmere Port

The Portal, Wellington Road, Ellesmere Port

Cheshire, CH65 0BA

0808 2787 806

www.citizensadvicecw.org.uk

Open Monday to Friday 10 am to 4 pm

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

Riverside Youth Provision in Ellesmere Port



Children's Centres

The Starting Well service forms part of the wider services provided by Cheshire and Wirral Partnership NHS Foundation Trust (CWP). The service is available to parents of children aged 0 – 19. to find out more visit -

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

Portside Children's Centre

Egerton Street, Ellesmere Port, CH65 2BY
0151 488 8037

Stanlaw Children's Centre

Alnwick Drive, Ellesmere Port, CH65 9HE
0151 488 8036

Parklands Children's Centre

Little Sutton Ellesmere Port CH66 3RL
0151 488 8037

Community Groups

Oasis Centre for young people

Provides young people somewhere to go in the evenings that is safe, where they enjoy time with friends, peers and meet new people, its place to chill out, have fun and take part in weekly activities such as; sports, dance, arts and craft, graffiti art, healthy cooking, and recreational activities.

Coronation Rd, Ellesmere Port, Cheshire
CH65 9AS

07568 060 086

oasiscentrefyp@gmail.com

Senior Group (Age 13 to 19)

Tuesday 7 pm to 9 pm

Junior Group (Age 8 to 12)

Friday 6.15 pm to 8.15 pm

CAMHS

Child and Adolescent Mental Health Services – also known as CAMHS – support children and young people up to age 18 with their emotional and mental health and wellbeing.

01928 568 162

CAMHS Crisis line

CRISIS LINE: 01744 415 640

**You can contact CAMHS crisis response team
24 hours a day seven days a week.**

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/>



Riverside

Family Support in Ellesmere Port



Clothes Banks and Support

Kids Bank Chester

Collect new and pre-loved items for babies and children – equipment, clothes, toys and toiletries, and distribute them to struggling families across Cheshire and Flintshire.

21 – 23 Garden Lane, Chester, CH1 4EU

<https://kidsbankchester.com/>

Support also offered at The Peoples Pantry
Ellesmere Port

Contact jade@thepeoplespantryep.co.uk for support

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/>

Full Circle

Full circle is for parents, grandparents and carers of children 0-24 months, along with the older members of our community. We get together each week, giving us something to look forward to, and reducing feelings of isolation. Full Circle group, meeting at Hollymere in Ellesmere Port, offers a nurturing and inviting space where individuals from all walks of life can share joy, wisdom, and experiences.

Hollymere, New Grosvenor Road, Ellesmere Port, CH65 2HH

0151 294 5885.

<https://koalanw.co.uk/full-circle>

For additional family support services please download our National Support Directory

Riverside **Older People Support** **in Ellesmere Port**



MHA Live Later Life Well

For people searching for social groups and activities in their local community.

You can search upcoming activities by visiting

<https://mha.org.uk/care-support/community-groups-activities/find-community-group/mha-communities-cheshire-west>

Age UK Cheshire

There is a wealth of support and activities listed on the Age UK Cheshire website. You can find out more by visiting

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

Cheshire West Wellbeing Service

Social prescribing helps you explore extra services that may support you to improve your health and sense of wellbeing. The team of Wellbeing Coordinators are based in GP practices across Cheshire West and Chester. Social prescribing enables a GP, nurse or other healthcare professional to refer you a Wellbeing Coordinator to talk about the issues you're facing and find the right services to support you.

<https://www.primarycarecheshire.co.uk/well-being-service>

Wider 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

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

Mental Health and Wellbeing Support in Ellesmere Port



Mental Health Support

West and Central Cheshire Talking Therapies

West and Central Cheshire Talking Therapies offers a range of talking therapies, advice and information for people aged 16 and over, who have mild to moderate symptoms of anxiety and depression.

Countess of Chester Health Park, Liverpool Road, Chester, CH21BQ

You can self refer by visiting

<https://www.cwp.nhs.uk/our-services/cheshire-west-chester/Talking-therapies-cheshire-west>

Chapter

Chapter promotes the mental health and wellbeing of individuals, communities and workplaces through the provision of services that adopt preventative and/or therapeutic approaches.

Chapter, Stanlaw Abbey Business Centre, Dover Drive, Ellesmere Port, H65 9BF
01244 344 409

To find out more about the support provided visit
<https://chaptermentalhealth.org/services/>

Trinity Wellbeing Group

Trinity Methodist Church, Whitby Road, Ellesmere Port, CH65 0A

07847 821217 TrinityGroup@rethink.org

1pm to 3pm the last Thursday of every month

Mid Cheshire Mind

Whether you need advice, support, counselling or training they are there for you.

01606 863 305 or email

office@midcheshiremind.org.uk

Chester FC Mental Health Football Sessions Hub of Hope

Weekly football sessions for men and woman to help support mental health.

Ellesmere Port Sports Village, CH659LB

anna.price@chesterfc.com

charlotte.houghton@chesterfc.com

01244560580/07308477055

Riverside **Domestic Abuse Services** **in Ellesmere Port**



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.

Cheshire West and Cheshire

<https://www.cheshirewestandchester.gov.uk/residents/crime-prevention/domestic-abuse>

Support through Open the Door - You can get help and advice and access self-support services from the Open the Door website or call 0300 123 7047, option 2

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

Cheshire East Domestic Abuse Hub

Call: **0300 123 5101**

Text: **07771 941 464**

Email: **cedah@cheshireeast.gov.uk**

For referrals use **cedah@cheshireeast.gov.uk**

Chester Women's Aid

<https://chesterwomensaid.org/>

Refuge 24hr National Helpline - **0808 2000 247**

Cheshire West and Chester Domestic Abuse

Intervention and Prevention Service will be offering open access groups from Chester, Winsford and Ellesmere Port.

Please contact the Domestic Abuse Prevention and Intervention Service for further information and support. Email

IDVAWEST@cheshirewestandchester.gov.uk, or call **0300 1237047** and select option 2.

Riverside Disability Support in Ellesmere Port



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>

Activities and support

Dial West Cheshire – Disability Rights Advice

Offer an appointment-based disability rights service for adults (18+) for help including;

- Support to claim welfare benefits eg Personal Independence Payment (PIP), Employment and Support Allowance (ESA) and Attendance Allowance (AA).
- Support to appeal against unsuccessful benefit claims
- Support to apply for a Blue Badge (disabled persons parking scheme)
- Support to apply for grants for disabled people in need

Disability Rights and Advice Centre & Cafe, Dial House, Hamilton Place, Cheshire, CH1 2BH

01244 345655

<http://www.dialwestcheshire.org.uk>

Community Learning Disability Team - Cheshire West

Community Learning Disability Team are a health and social care team supporting adults who have a diagnosis of a learning disability.

The team supports people to lead full and healthy lives within the local community. They also provide specialist information, advice and training for family carers and support staff.

Coronation Road Workplace Hub, Coronation Road Ellesmere Port, CH65 9AB

01244 397 222

Physical disabilities

If you have a physical disability or a long-term condition, Adult Social Care and other organisations may be able to signpost you to, or provide you with, services to help you live as independently as possible. There are also services available to support someone who may be your Carer.

For more information, contact the Cheshire West Community Access Team

Telephone: 0300 123 7034

Sensory impairment

Vision Support operates across Cheshire West and Chester. Its objective is to provide a community service to people with sight loss, to reduce isolation and support individuals to remain in their own homes. Deafness Support Network also operates across Cheshire West and Chester to provide a community service to people with hearing loss, which includes specialist support and practical advice.

Deafness Support Network - 0333 220 5050

Vision Support - 01244 381515

information@visionsupport.org.uk

Hft Cheshire & Merseyside

Supporting people with learning disabilities to live with more independence and choice across the Cheshire, Merseyside and Liverpool areas.

Hft Cheshire & Merseyside

Unit 18, Rossmore Business Village, Inward Way Ellesmere Port, CH65 3EY

01513 557703

HftCheshireandMerseyside@hft.org.uk

Disability Interactions Group

Disability Interactions Group is for people with special needs and disabilities.

Juniors: Age 6 to 15 from 4pm to 6pm,

Seniors: Age 16 and over from 6.30pm to 8.30 pm.

Monday at Stanney Grange Community Centre, Alnwick Drive, Ellesmere Port, CH65 9HE.

0151 3557703

For additional disability support services please download our National Support Directory



Riverside Migrant and Multi-Cultural Support in Ellesmere Port



Cheshire, Halton & Warrington Race & Equality Centre

The Unity Centre, 17 Cuppin Street, CH1 2BN.
01244 400 730

<https://www.chawrec.org.uk/associated-organisations>

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

Opoko

Opoka aims to help women and children in the Polish community improve health, well-being, financial stability, and happiness by stopping domestic violence and abuse.

0300 365 1700

info@opoka.org.uk

Art Therapy - Heart4Refugees

Offer well-being and emotional and practical support to refugees and asylum seekers living in the Wirral area.

Grange Baptist Church, Whetstone Lane, CH41 2QS
enquiries@heart4refugees.org

Wednesday 1 pm to 3 pm

Jewish Women's Aid

Jewish Women's Aid support the thousands of Jewish women who, each year, will face physical, emotional, psychological, sexual or economic abuse from within their own close family.

020 8445 8060 info@jwa.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 Ellesmere Port



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 0TP
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

Riverside **Women's Groups in** **Ellesmere Port**



Women's Groups

Tomorrow's Women

Tomorrow's Women deliver weekly activities across Wirral, please find a select list below. For more information contact the team.

0151 647 7907

admin@tomorrowswomen.org.uk

All Activities delivered at their centre
Tomorrow's Women, Beckwith Street East,
Birkenhead, Wirral, CH41 3JE

We Need Your Help group - Helping to support the continuous growth of the organisations Garden.

Monday, Wednesday and Friday 9.30 am to 2 pm

Better Solutions

Better Solutions is a 3 week rolling group consisting of three sessions that look into offending behaviours and how to change them.

Tuesday 5.30 pm to 6.30 pm

Yoga with Grace- 6 week Yoga course.

Wednesday 11 am

Money Management and Debt Support

Thursday 11 am to 1 pm

Guided Meditation

Friday 3 pm to 3.30 pm

Domestic Abuse Specialist with Morecrofts

Drop in Wednesday 12.30 pm to 1.30 pm

Households into Work - Tomorrow's Women

Monday 11 am to 1 pm

They also deliver a drop in advice sessions with local solicitors to find out more contact -

0151 647 7907

admin@tomorrowswomen.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

Females First

The Rock Ferry Salvation Army Community Church, 179 Old Chester Road, Rock Ferry, Birkenhead, CH42 3TA
lburns128@gmail.com

Tuesday 10 am to 12 pm

Women's Groups

GotTheTeeShirt Coffee Morning

The Lighthouse Centre at Involve Northwest
330 - 334 New Chester Road, Community Village, Rock Ferry, CH42 1LE

0151 644 4839

dateam@involenorthwest.org.uk

Friday 9.30 am to 11.30 am

Women's Motiv8! Gym - Motiv8! at Wirral Mind

Wirral Mind, 90-92 Chester Street, Birkenhead, Wirral CH41 5DL

0151 512 2200

learning@wirralmind.org.uk

Thursday 3 pm to 5 pm

Blossom and Bloom Wellbeing Session - Our Happy Hub (Girls aged 11 to 16)

Our Happy Hub, Hillside School, Ridgeview Road, Noctorum, Wirral, CH43 9HG

07411316236

ginaourhappyhub@gmail.com

Bi-weekly Saturday 11.30 am to 2.30 pm



Riverside Women's Groups in Ellesmere Port



Young Women's Trust

Young Women's Trust champions young women aged 18 to 30 on low or no pay. They offer young women free coaching, feedback on job applications and information to help them get where they want to be. To find out more visit <https://www.youngwomenstrust.org/get-support/>

The National Women's register

The website has a map of activities running across the UK, you can search groups by visiting <https://nwr.org.uk/network/groups/>

Ladies Circle

Ladies Circle provides the opportunity for women to connect across the UK.
<https://www.ladiescircle.co.uk/>

Riverside **Men's Groups in** **Ellesmere Port**



Men's Groups

Men's Motiv8! Gym - Wirral Mind

Wirral Mind, 90-92 Chester Street, Birkenhead,
Wirral CH41 5DL

0151 512 2200

learning@wirralmind.org.uk

Wednesday 3 pm to 6 pm

Bee Wirral Projects

Bee Wirral's Elemental Project is a well-being project with activities just for men to improve their well-being. It aims to reduce the isolation of men in the Wirral through activities and community integration.

0739 505 4402/0151 647 7587

Info@beewirral.co.uk

Silverback Social

The Liberty Community Centre, 7 Whetstone Lane,
Birkenhead, Wirral CH41 2QS

Monday 10 am to 2 pm

Allotment - Bee Wirral Elemental Project

Bee Wirral Ecotherapy Hub, Lansdowne Place
Allotments, Lansdowne Place, Wirral CH43 7RP

Wednesdays 10 am to 4 pm

Woodwork Workshop

The Malebox Woodshop, Tam O'Shanter Farm, 25
Boundary Road, Birkenhead, Wirral CH43 7PD

Tuesday 11 am to 3 pm

Crown Green Bowling

Birkenhead Park, Park Dr, Birkenhead, CH41 4HY

Tuesday and Friday 10 am to 12 pm

Creating a Community Garden

Sandbrook Community Centre, 11 Sunningdale,
Chapelhill Road, Moreton, Wirral, CH46 9RG

Thursday 11 am to 3 pm

Andys Man Club Liverpool

Meet Monday at 7 pm

UNIS Compliance Stadium, Cantilever Park,
Common Ln, Warrington WA4 2RS

info@andysmanclub.co.uk

James' Place Liverpool

Offer free, life-saving treatment to suicidal men

0151 303 5757 liverpool@jamesplace.org.uk

ManKind Project

There are MKP men's groups all over the UK & Ireland. Some of these groups meet online and in person. For more information about finding your nearest group contact

mensgroups@mankindprojectuki.org

Mind Halton

Peer support and social groups offer an opportunity to talk to others who know what you're going through in a safe, supportive environment. All groups are facilitated by staff and assisted by trained volunteers.

Mind Halton, 3 Wellington Street, WA7 1LB

01928 563612

info@mindhalton.org.uk

Men's Wellbeing Group - Equilibrium North West CIC

Livingstone Street Play and Community Centre,
130 St Anne Street, Birkenhead, Wirral, CH41 3HX
07731 478096/0151 647 6044

equilibriumnwteam@gmail.com

Monday 6 pm to 8.30 pm, Friday 12 pm to 2pm

Men's One-to-One Listening Support & Signposting - WEB Merseyside

Please contact to register

WEB Merseyside, 32 Argyle Street, CH41 6AE

0151 653 3771

info@webmerseyside.org



Riverside Men's Groups in Ellesmere Port



Paul Lavelle Foundation

Offers therapeutic support to males who feel they are experiencing or have experienced domestic abuse.

The Community Village, 330-334 New Chester Rd,
Birkenhead, CH42 1LE

0151 294 4176

info@paullavellefoundation.co.uk

ANDYSMANCLUB

ANDYSMANCLUB want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They have clubs across the UK that deliver weekly, free-to-attend peer-to-peer support groups for men aged over 18.

<https://andysmanclub.co.uk/find-your-nearest-group/>

Men's Shed Groups

Men's Shed Groups bring together social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

There are a number of groups across the UK, to find the one closest to you visit

<https://menssheds.org.uk/find-a-shed/>



LGBTQ+

Youth provision for LGBTQ+

Phoenix is a series of youth groups for young people aged 13-19 years in the west Cheshire area who identify as LGBTQ+ (lesbian, gay, bisexual, trans, plus other identities) or are questioning their sexuality or gender identity. These groups are currently being delivered online.

Youth Worker Lewis Collins

youthgroups@theproudtrust.org

Fortnightly Thursday, 5 pm to 6.30 pm

Chester Pride

The Chester Pride website has a list of resources and social group activities. To find out more visit <https://www.chesterpride.co.uk/social-groups>

Switchboard LGBT+ 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

Body Positive

Body Positive is a Cheshire based charity providing a range of services in sexual health and relationships and to the LGBT+ communities. Information, support, counselling and condoms available.

01270 653150

health@bpcnw.co.uk **info@silverrainbows.com**

Loving Me

Loving Me is a service which provides one-to-one support and advocacy, for Trans and Non-Binary victims of domestic abuse or sexual violence who are aged 18 and over and live in England.

07902 478958/ **help@lovingme.uk**

Riverside

Additional Support in Ellesmere Port



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.

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 Ellesmere Port



Hate Crime

Call **999** now in emergency situations like these:

- there is an immediate danger to life
- someone is using violence or is threatening to be violent
- a crime is happening right now, and the suspect is still at the scene

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>

Local hate crime reporting centres

A specialist or representative from your protected characteristic community can help you through the reporting process and offer support.

The Coronation Centre, Coronation Road,
Ellesmere Port, CH64 9AB

ForHousing 7-9 Civic Way, Ellesmere Port, CH65
OAX

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>

Victim Support: (24/7 support)

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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/>

Hate Crime Victim Support – Remedi UK

The Cheshire Hate Crime Victim Service are a support service for all victims and witnesses of hate crime and hate incidents. They can offer

- Confidential emotional and practical support
- Support at court
- Advocacy
- Access to a range of support agencies
- Support with your Victim Personal Statement

0800 640 6466 (Mon-Fri, 9am-5pm)

hatecrimevictimservice@remediuk.org