

Support Directory Langley



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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 Langley



Council Support

Cost of living services helpline:

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

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

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

This financial support will be used for:

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

Homelessness prevention.

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

Food Banks

Helping Hand Rochdale

Emergency Food Parcel Delivery Across Rochdale

Enquiries: 07766 367086 (text only)

Christian Restoration Manchester

451 Victoria Avenue, Blackley, Manchester M9 8PJ

0161 740 9966 07936004774

Wednesday and Friday 10 pm to 1 pm and

Sundays 12pm to 1pm.

Middleton Central Foodbank - at the Lighthouse Project

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

Open Monday and Thursday 11 am to 1 pm

Pick up a voucher at burnside community centre. Ask for Kerry, Trisha or Lisa.

Burnside emergency food parcels, supermarket vouchers and crisis support.

Free essential food, vouchers and care items available every day. Or drop in, ask for Trisha, Lisa or Kerry. **36**

Burnside Cres, Middleton, Manchester M24 5NN

Monday: Emergency food parcels and crisis support

Tuesday: Food and white goods project

Wednesday to Friday: Emergency food parcels and crisis support

Heywood Foodbank

Heywood Baptist Church, Rochdale Road, OL10 1LE
07396071193

Open Monday and Friday 10 am to 12 pm

Humans MCR - DELIVERY ONLY

1150 Rochdale Road, M9 6FQ

0161 234 0171

All referrals done online.

Email info@humansmcr.org for more information

Pantries

Heywood Pantry

Back O'th Moss Community Centre, 52 Peel Lane

Heywood, OL10 4TU

Weekly Fee: £5.00

Opens every Thursday 9.30 am to 12 pm

Food Support Services in Langley



Lighthouse Pantry

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

0161 643 116

pantry@lighthouseproject.org.uk

Weekly Fee £4.50

Open Tuesday, Thursday and Friday 9.30 am to 12.30 pm

St Andrew's Church Community Hub

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

Weekly Fee £4.50

Wednesday 12:30 pm to 3 pm

Nigeria Community Association

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

Referrals Only.

Open Monday 11 am to 2 pm

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

Mary Adekugbe 07456 136150

nigeriacommunityassociation1@gmail.com

Community Groups

Ciata Foundation

Supplying South African families with food living in
Middleton.

Gwen Forrest 07926 893061

info@ciatafoundation.org

CC House of Praise

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

Sunday Onabanjo 0161 2779500 07943 239261

info@ccchouseofpraise.co.uk

ccchouseofpraise@gmail.com

The Bread and Butter Thing - Mobile food club

Higher Blackley Community Centre, Victoria Avenue
M9 0RA

Closet Centre St Pauls Church M9 6RA

0161 264 9982

How it works

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

To find out more

www.breadandbutterthing.org/members

Rochdale Soup Kitchen

Champness Hall, Great George Street, OL16 1PQ

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

07817 150327

slatvi@aol.com maz_jones59@yahoo.co.uk

Open Monday, Wednesdays and Fridays

12.30 pm to 2 pm

Awakening Minds

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

07866 047642 / 01706 52310

awakeningmindscic@gmail.com

Equal Education Chances

EEC provides cultural appropriate food parcels for
families and individuals.

Mary Olanrewaju 0161 2119016

equaleducationchances@gmail.com

Heywood Food Club

Derby Street Children's Centre, Derby Street, OL10
4Q

01706 369889

Open Friday 9.30 am to 11.30 am

Food Support Services in Langley



Radcliffe Food Club

Bridge Community Church, Milltown Street,
Radcliffe M24 1WD

0161 736 7959

£5 annual membership, £3 per shop.

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

Bowlee Community Organisation CIC

Heywood Old Rd, Middleton, Manchester M24
4SD.

07342110803

hosting a variety of social groups and community
projects. Regular boot sales and community
events.

Open Monday - Friday: 10am - 2pm

Alkrington Woods Nature Reserve

Manchester Old Rd, Rhodes, Middleton,
Manchester M24 4EA

<http://www.alkringtonwoods.org/>

01706373421

Community Shops

Middleton shop

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

0161 655 6600

Open Monday to Friday 8 am to 8 pm,

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

Stepping Stone Project

Homeless support group with community shop.
with community shop.

Bowness Rd, Middleton, Manchester M24 4WT

01616431722

Furniture Support in Langley



Council Support

Discretionary Crisis Fund

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

You must meet ALL the following to apply:

- You're 16 years old or over.
- You live in Rochdale borough or have accepted a firm offer of tenancy in the borough.
- You claim a benefit. This includes if you're in work and claim a benefit or if your benefits have been sanctioned.

You haven't already received 2 awards in the last 12 months.

0300 303 8874

HousingSolutions@rochdale.gov.uk

Household Support Fund

If you're having financial issues during 2023, you may be able to access superstore vouchers, fuel vouchers and other help through our Household Fund. Anyone who is in financial need is eligible to apply for this fund. To apply or for more information call the helpline on **01706 923685**

Recycle Resources

Oldham Renew Shop

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

Online Store -

www.ebay.co.uk/str/renewgreatermanchester

Reclaim Yard

Unit 1, Boarshaw Trading Estate, Boarshaw Rd,
Middleton, Manchester M24 4WH

07725837807

STATUS 4 ALL

157 Windermere Rd, Middleton, Manchester M24 5NQ

<http://www.status4all.co.uk/>

01616436635

Charity Shops

Oldham Cats

Toynnton Villa Cattery, Saxon St, Middleton,
Manchester M24 2AD

Open: Sunday - Monday 11am -3pm

01616536530

The Middleton Collection

Grimshaw Ln, Middleton, Manchester M35 9BL

open 24/7

<http://www.themiddletoncollection.co.uk/>

YMCA Middleton

6 Middleton Shopping Centre M24 4EL

0161 6548 853

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

Emmaus Department Store

50 Rochdale Exchange Shopping Centre OL16 1EA

0330 058 4264

Open Monday to Saturday 9 am to 5 pm

British Heart Foundation

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

01706 540380

**Open Monday to Saturday 9 am to 5 pm
Sunday 10.30 am to 4.30 pm**

The Salvation Army

Unit 1 Haynes Street, Rochdale, OL12 0UW

Contact for opening hours 01706 645151

Furniture Support in Langley



Charity Shops

British Heart Foundation

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

0161 654 6665

Open Monday to Saturday 9.30 am to 5 pm

Sunday 10 am to 4 pm

Springhill Hospice - Middleton Store

18-20 Wood Street, Middleton, M24 5TF

0161 654 7457

Open Monday to Saturday 9 am to 4 pm

Springhill Hospice

The Emporium Jacksons Corner, Molesworth Street Rochdale OL16 1UD

01706 522844

Open Monday to Saturday 9 am to 5 pm

Sanctuary Trust

Storehouse Community Shop - Charity shop with a difference

54 Drake Street, Rochdale, OL16 1NZ

01706 649988

storehouse@sanctuarytrust.org.uk

SPCA - Middleton

1 Middleton Gardens, Middleton M24 1AJ

07708695353

Open Monday to Saturday 9 am to 4 pm

Barnardo's

315-317 Cutgate Shopping Centre, OL11 5AQ

01706 358833

Open Monday to Saturday 9 am to 6 pm

Sunday 10 am to 4 pm

Cost of Living Support in Langley



Council Support

Discretionary Crisis Fund

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

0300 303 8874

HousingSolutions@rochdale.gov.uk

Talk to an energy adviser

Call our consumer helpline on 0808 223 1133.

Open Monday to Friday, 9am to 5pm

Credit Unions

Oldham Credit Union Ltd

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

01616787245

Manchester Credit Union Ltd

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

01612315222

Citizens Advice SORT Group (Rochdale)

Number One Riverside, Smith Street, OL16 1XU

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

Citizens Advice also run a drop-in from Rochdale Central Library in Number One Riverside on **Mondays, Wednesdays and Thursdays 10 am to 4 pm**

Money Advice Service - 0300 500 5000

National Debt Line - 0808 808 4000

Christians Against Poverty

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

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

Debt Support Charities

Living Well Rochdale

Lock 50, Oldham Road, Rochdale, OL16 5RD

01706 392 210

Middleton Day Centre

115 Long Street, Middleton, M24 6DL

0161 655 4062

john@bmdc.org.uk

Lighthouse Money Advice

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

Call 0161 537 2222 / 0161 643 1163 to enquire or arrange an appointment

helloLMA@lighthouseproject.org.uk

Debt Buffer

Help individuals and families near Rochdale with free debt advice and debt counselling. We provide fast, easy and free confidential advice and support by quickly establishing what form of debt solution might be right for your needs and level of income.
0800 488 0247

St Bernard's Support

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

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

Employment Support

Working Well

Ingeus, College Road, Empire House, OL12 6AE
Visit www.inworkgm.co.uk for more information

Motiv8

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

0161 331 2048

info@manchesterbbo.co.uk

RBH / Rochdale Councils Work and Skills Hub

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

01706 273 977

community.partnership@rbh.org.uk

Youth Hub

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

Steph Rush - steph.rush@rochdale.gov.uk

Welcoming Spaces in Langley



Welcoming Spaces

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

Middleton Library

Long Street, Middleton, Rochdale, M24 6DU
0300 3038876
middleton.library@rochdale.gov.uk

Junction Community Library

Jumbo Social Centre, Grimshaw Lane, M24 2BW
0300 3038876
junction.library@rochdale.gov.uk

Alkrington Library

Kirkway, Middleton, Rochdale, M24 1LW
0300 3038876
alkrington.library@rochdale.gov.uk

Langley Library - Langley Children's Centre

Windermere Road, M24 5PY
0300 3038876 **langley.library@rochdale.gov.uk**

Burnside Centre

36 Burnside Crescent, Middleton, M24 5NN
0161 643 5775 **enquiry@burnsidecentre.org.uk**

Middleton Cricket Club

Hollin Ln, Middleton, Manchester M24 5EE
01616433595
middleton.library@rochdale.gov.uk

Boarshaw Working Men's Club

Boarshaw Rd, Middleton, foodbank M24 6GB
01616432820
Boarshaw Rd, Middleton, foodbank M24 6GB

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

Welcoming Spaces/Warm Hubs

Many warm hubs are based in Churches, Community Venues and Libraries. They offer a safe space to access food and refreshments, advice and guidance on benefits and keeping your home warm, activities and the opportunity to make new friends.

Warm Welcome

Warm Welcome Spaces are opening their doors to local communities, offering everyone a free, warm, welcoming and friendly space. Why not explore your local Warm Welcome Space, it's a great place to connect with your community and to make new friends.

You can search spaces near you by visiting
<https://www.warmwelcome.uk/>

Digital Inclusion Support in Langley



Learning

Learn My Way

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

www.learnmyway.com

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

ALISON

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

<https://alison.com/>

The Digital Garage from Google

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

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

Digital Tech (Digitech) Library

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

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

How to borrow a laptop or tablet

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

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

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

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

Email DTL@rochdale.gov.uk

Phone 01706 926653

Hopwood Hall College

Rochdale Road, Middleton, M24 6XH

01616437560 enquiries@hopwood.ac.uk

Riverside

Digital Inclusion Support in Langley



How to get free sim cards and data

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

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

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

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

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

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

Email DTL@rochdale.gov.uk
Phone 01706 926653

Libraries

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

Langley Library

Langley Children's Centre, Windermere Road, M24 5PY
0300 3038876 langley.library@rochdale.gov.uk

Local groups and organisations

Demesne Community Centre

Asby Close, Middleton, M24 4JF

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

Please contact **0161 653 2902** before attending to check computer availability.

t.khandoker@cvsr.org.uk

Bowlee Community Organisation

The Pavilion, Heywood Old Road, M24 4SD
01616554411 suesmithbca@outlook.com

STATUS4ALL

157 Windermere Road, Middleton, M24 5NQ
0161 6436635 status4u@live.co.uk

The Lighthouse Project (Middleton)

S6 Second Floor Middleton Shopping Centre, Limetrees Road, Middleton, M24 4EL
0161 643 1163 info@lighthouseproject.org.uk

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

Riverside

Youth Provision in Langley



Sure Start Programme

Sure Start is a UK-wide programme that was introduced to support children under the age of four and their families. It supports parents from pregnancy until their child starts school, ensuring children in disadvantaged areas are given the best start in life and helping them reach their potential. Sure Start helps children to learn new skills and support their social and emotional development as well as support the family's health and wellbeing. This could be through enhanced health visits, or good quality play and children's centres. The programme offers a variety of services, such as guidance on parenting or creative and development activities for children.

Sure Start Children's Centre Team

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

0300 303 0430

Open Monday to Friday 8.30 am to 4.45pm

Children's Centres

Langley Sure Start Children's Centre,

Windermere Road, Langley, M24 4LA
Langley Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. There are excellent indoor and outdoor play facilities and an action packed timetable of specially planned activities throughout the week.

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

0161 653 9526 family.info@rochdale.gov.uk

Open Monday to Friday 8 am to 6 pm

Langley Sure Start Children's Centre,

Windermere Road, Langley, M24 4LA
Langley Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. Langley Children's Centre offers the Family Journey Programme, a series of 12 workshops shaped to support families at the different stages of your child's development.

0161 653 9526 family.info@rochdale.gov.uk

Open Monday to Friday 8 am to 6 pm

Hollin Sure Start Children's Centre

Tintern Road, Hollin, Middleton M24 6JP
Purpose-built facility, Hollin Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. There are excellent indoor and outdoor play facilities and an action packed timetable of specially planned activities throughout the week.

0161 655 4429 family.info@rochdale.gov.uk

Open Monday to Friday 8.45 am to 3.45 pm

Kirkway Sure Start Children's Centre

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

Kirkway, Middleton M24 1FL

01706 927292 family.info@rochdale.gov.uk

Open Monday to Friday: 8.30 am to 12.30 pm

Burnside Pre-School

Locally managed community play group. Partnered with Burnside community centre.

36 Burnside Cres, Middleton, Manchester M24 5NN

9 am to 3 pm (term time - fees apply)

Lisa Laryea: 0161 643 5775

enquiry@burnsidecentre.org.uk

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

Youth Provision in Langley



Middleton youth clubs

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

Heather Mellalieu - 01706 924295

Jill Amos - 01706 923131

Mudassar Mahmood - 01706 924516

Street based youth work sessions - Langley

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

Thursday 6.15 pm to 8.30 pm

Street based youth work sessions

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

Friday 6 pm to 8.45 pm

Safe4Me

The Safe4me website provides educators, service providers and parents with information and resources to help educate, guide and support children and young people to keeping safe.

<https://www.safe4me.co.uk/support-services/>

Springvale Youth Centre

Oldham Road, Middleton, M24 2LA

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

For more information contact Jill **01706 923131**

Youth Club - Tuesday and Friday 6.30 pm to 8.30 pm

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

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

Springvale Youth Centre

Oldham Road, Middleton, M24 2LA

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

For more information contact Jill **01706 923131**

Youth Club - Tuesday and Friday 6.30 pm to 8.30 pm

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

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

Boarshaw Youth Club

Stanycliffe Community Centre

6.15 pm to 8.30 pm

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

Rochdale Youth Service ages 8 to 18

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

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

01706 926090

youth.service@rochdale.gov.uk

<https://rochdaleyouthvoice.co.uk>

Boarshaw Youth Club

Stanycliffe Community Centre

6.15 pm to 8.30 pm

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

Riverside

Youth Provision in Langley



ChatHealth for Young People

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

07507 330382 Text messages only

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

Unit 2, Argyle Parade, Heywood, OL10 3RY
0161 716 2908

Open Monday to Friday 9 am to 5 pm

Thrive

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

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

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

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

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

The Proud Trust

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

49-51 Sidney St, Manchester, M1 7HB

0161 660 3347

www.theproudtrust.org

For additional youth support services please download our National Support Directory

SEN Youth Provision in Langley



Baby Sensory Classes - Rochdale

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

For more information contact Kelly Trowers on 07778 840722

rochdale@babysensory.co.uk

www.babysensory.com/rochdale

Eliza Says - Rhyme and Sign Classes

All Aboard Education, 43, Oldham Road OL16 5QJ

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

Sign language is inclusive for everyone.

For more information contact Lorenza

07713 012236

elizasays@hotmail.com

Jolly Josh

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

All sessions need to be booked in advance.

Ensor Mill, Queensway, Rochdale, OL11 2NU

hello@JollyJosh.co.uk

www.jollyjosh.co.uk

Pre-school Music Group for Children with a Hearing Impairment

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

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

For more information contact Elizabeth Croshaw

01706 926479

elizabeth.croshaw@rochdale.gov.uk

Shine Parent Support Group

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

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

01706 769634

rochdale.services@barnardos.org.uk

Council for disabled Children

Rochdale SEND Information, Advice, and Support Service

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

01706 769634

rochdale.sendiass@barnardos.org.uk

www.barnardos.org.uk/rochdalesendiass

After Matters

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

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

0333 323 4950 hello@aftermatters.org.uk

Calm Connections CIC

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

07984 320308 louise@calmconnections.org

www.calmconnections.org

Riverside

Family Support in Langley



Holiday Activity and Food Programme - (HAF)

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

FitAndFed@yourtrustrochdale.co.uk

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

Crisis Support

Early Essentials,

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

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

Healthy Gems Hub

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

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

You Are Not Alone (YANA)

Monthly support group with activities for SEN
01616553827

The Crib

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

Independence House, Adelaide Street, Heywood, Greater Manchester

www.thecribfamily.org.uk

Period and Hygiene Product Support

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

Bloody Good Period

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

hello@bloodygoodperiod.com

Morrisons - Package for Sandy

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

Freedom4Girls

Provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

www.freedom4girls.co.uk/request-products/

Greater Manchester Baby Banks Network

Baby Banks provide items such as baby clothes, nappies, prams, Moses baskets, cots etc. Some Baby Banks also offer clothes and school uniform for older children.

<https://bit.ly/3ILyRjZ>

Riverside

Family Support in Langley



Burnside's Minis parent/carer & child music, movement and storytelling

Monday : 10am-11am (free)

36 Burnside Cres, Middleton, Manchester M24 5NN

Burnside's Invest in Play workshops

Available upon referral, ask your housing officer or drop in to Trisha Lisa and Kerry and Burnside Community Centre.

36 Burnside Cres, Middleton, Manchester M24 5NN

Tuesday 9.30 am to 11.30 am (free, term-time, 12-week blocks)

Children's Self Defense sessions with Sensei Nev

36 Burnside Cres, Middleton, Manchester M24 5NN

Wednesday 6.45 pm to 7.45 pm (£5 per session)

PAVE Dance

36 Burnside Cres, Middleton, Manchester M24 5NN

Ballet, jazz, and commercial

Monday 4 pm to 8.45 pm (term time - fees apply)

Street and commercial dance

Tuesday: 4 pm to 6.15 pm (term time - fees apply)

Dance Company, street, stage & screen, and adult commercial dance

Thursday: 4 pm to 7.30 pm (term time - fees apply)

Dance ballet, jazz and acro classes

Sunday: 9 am to 1 pm (term time - fees apply)

Burnside Toy Appeal (free)

Drop into the community centre and ask for Kerry, Lisa or Trisha

36 Burnside Cres, Middleton, M24 5NN

Home-Start Rochdale Autism Support Family Drop-in monthly

Monday: 10am-11am (free)

36 Burnside Cres, Middleton, Manchester M24 5NN

Rochdale family hubs

Family hubs offer high-quality support for families from conception to the age of 19 (or 25 for young people with special educational needs and disabilities).

Family hubs provide a single access point to integrated family support services for early help with social, emotional, physical and financial needs.

Each family hub is bespoke to its local community while incorporating 3 key delivery principles: access, connection and relationships.

Local Hubs

Boarshaw Family Hub

Stanycliffe Lane, Boarshaw, Middleton M24 2PB
Monday to Wednesday: 8.45 am to 3.45 pm

0161 655 8850

familyhubs@rochdale.gov.uk

Langley Family Hub

Windermere Road, Langley, Middleton M24 4LA
Monday–Friday: 8 am to 6 pm

family.info@rochdale.gov.uk

0161 653 9526

Riverside

Family Support in Langley



Local Hubs - Activities

Boarshaw Family Hub

Monday

Baby sensations 9.30 am to 10.30 am

A session based on the five to thrive principles respond. Suitable for babies who are non-mobile.

Play and learn 9.30 am to 11.00 am

Learn through play using the indoor and outdoor to get children school ready. Suitable for children aged 0 – 5 years.

IY baby 12.30 pm to 2.30pm

10 week course helps bonding with baby understanding early child development from baby's first cues to baby's brain development. Please speak to Lisa or Danielle for more information. Suitable for babies aged 0-4 months. Contact us to book onto the course.

Tuesday

Baby massage 9.30 am to 10.30 am

A weekly course which will strength your relationship and help you bond with your baby. Suitable for babies who are non-mobile.

Play and learn 9.15 am to 11.15 am

Learn through play using the indoor and outdoor environment and to get children school ready. Suitable for children aged 0-5 years.

Wellcomm language group 1 pm to 3 pm

If you have concerns about your child's speech and communication development then please come along to this session.

Wednesday

Messy play 9.30 am to 11 am

A session based on the five to thrive key activities Suitable for children aged 0-5 years.

Happy talk 10 am to 11 am (starting July 24th)

A six-week course for children aged two years plus to support your child's speech and language.

Langley Family Hub

Monday

Baby sensations 9.45 am to 10.30 am

A session based on the Five to Thrive principles, Suitable for non-mobile babies.

Rhythm and rhyme 11 am to 1.45 pm

An active session which supports development of communication using songs, games and rhymes. Suitable for children aged 0-5 years.

SEND sessions 1 pm to 2.30 pm

These specialists play and learn sessions are available with an Early Years Practitioner on hand to offer support and guidance plus share tips and advice with parents. Suitable for children aged 18 months - 5 years.

Bump, birth and beyond, pre-birth parenting course 5.30 pm to 8 pm

Antenatal session for parents to be from 28 weeks pregnant. A 4 week course. Contact us to book onto the course.

Childminding group 1 pm to 3 pm

A childminder led play session for childminders to use the centre facilities.

Tuesday

Citizens Advice Bureau 9.30 am to 11.30 am

For pregnant parents and those who have a child aged 0-19. Contact us to book onto the session.

Baby messy play 10 am to 11.30 am

Learn through play using sensory exploration in a fun messy session. Suitable for children aged 0-2 years.

Riverside

Family Support in Langley



Langley Family Hub Cont.

Tuesday

Baby massage 1 pm and 3pm

A weekly course which will strengthen your relationship and help you bond with your baby. Suitable for non-mobile babies. Contact us to book onto the course.

Outdoor fun 1.30 pm to 3.30 pm

Learn through play using our indoor and outdoor area to get child school ready. Suitable for children aged 0-5 years.

Wednesday

Big changes for little people 9.30 am to 11.30 am

Aims to support children move into school and nursery, For children starting school and nursery in September.

Family food 11 am to 12.30 pm

Come along and let your child enjoy some healthy cooking and tasting. Suitable for children aged 0-5 years. Contact us to book on the course.

Play and learn 1 pm to 2.30 pm

Learn through play using our indoor and outdoor area and to get children school ready. Suitable for children aged 0-5 years.

Toddler aerobics 2.30 pm to 3.30 pm

Come along to an action packed session. Meet other parents whilst developing your child's physical skills. Suitable for children aged 18 months – 5 years.

Thursday

Baby play and wellcomm 10 am to 11.30 am

A session supporting baby to develop language and communication skills whilst having fun exploring. Wellcomm language assessment included in the session. Suitable for babies aged 6-18 months. Contact us to book onto the course.

Baby and me 10 am to 11 am

A 6 week course supporting Baby Bonding. Suitable for babies aged 0-4 months. Contact us to book onto the course.

Open house perinatal infant mental health support 11.15 am to 1 pm

Pregnancy and early parenthood can be challenging. If you are feeling the pressures of parenthood and have a child under 2, come along and speak to Emma and Dawn so we can support you.

Breastfeeding social group 1 pm to 2.30 pm

If you are pregnant or a breastfeeding mum, come along to one of our breastfeeding social drop in sessions.

Learning walk 1.30 pm - 2.30 pm

An environment walk, to support your child's speech, language and communication, meeting at the hub. Suitable for children aged 18 months – 5 years.

Friday

Summer play and learn 9.30 am to 11.30 am

Learn through play using our indoor and outdoor area to get children school ready.

Boogie babies 10.45 am to 11.45 am

Come along to the library and enjoy nursery rhymes and actions with your baby supporting early communication skills. Suitable for children aged 0-18 months.

Healthy baby eaters 12 pm to 1.30 pm

Come along and let your child enjoy some healthy cooking and tasting. Booking essential. Suitable for babies aged 6-18 months. Contact us to book onto the course.

Play and learn 1 pm to 3 pm

Learn through play using our indoor and outdoor area to get children school ready. You can talk to staff to get advice and support on a range of child focused issues.

For additional family support services please download our National Support Directory

Older People Support in Langley



Local Support

Volunteer Drivers Service

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

Failsworth Luncheon Clubs

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

0330 555 0310

Monday and Wednesday 11 am to 1 pm

Heywood, Middleton & Rochdale Circle

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

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

01706 751165

Your Trust Rochdale

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

To find out more visit

www.yourtrustrochdale.co.uk/activities/older-adults-activities/

Groups

Greater Manchester Old People's Network

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

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

Friends of Jubilee Park

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

To get involve contact **07824 667 670**

Middleton Floral Art Club

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

01706 650835

Greater Moments

Creating moments that matter for those affected by dementia.

0161 660 3615

info@socialsense.co.uk

The Curtain Theatre

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

47, Milkstone Road, Rochdale, OL11 1EB

01706 642008



Riverside Older People Support in Langley



Befriending service

regular check in phone calls, VIP over 60's group.
Monthly group sessions.
sign up by contacting caring and sharing Rochdale.
call: 07944238892
email: info@caringandsharingrochdale.org

Morning Coffees and Lunch Clubs

Older People's Social Eating Group

Lock 50 Business Centre, Oldham Road, OL16 5RD
For further details contact Kim Ho 01706 751165
or kim@hmrcircle.org.uk

Concessionary Travel Pass Pilot

TfGM are running a trial to allow older and disabled concessionary pass holders to travel on buses before 9.30am for free.
There's no need for you to do anything. Just tap your pass on the bus card reader as normal and enjoy free travel 24 hours a day, 7 days a week.
This initiative runs from Aug-Dec 25

Mental Health and Wellbeing Support in Langley



Local Services

Light House Project - Better Together

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

Rochdale Mind

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

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

Qwell

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

Wonderfully Made Women

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

07354471340, 07846620160

info@wonderfullymadewoman.org

Burnside Centre

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

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

Creatives Happy Mondays 9.30 am to 11 am.

Trisha Hayes - 0161 643 5775

enquiry@burnsidecentre.org.uk

Your Trust

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

Paul Gardner - 01706 926 235

Paul.gardner@yourtrustrochdale.co.uk

Demense Community Group

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

Suzanne - 0161 653 2902

suzanne@demesnecommunitycentre.org.uk

St Bernard's Support

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

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

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

Advice UK

0300 777 0107 www.adviceuk.org.uk

Jobcentre Plus - www.gov.uk/contact-jobcentre-plus/existing-benefit-claims

Mental Health and Wellbeing Support in Langley



Local Services

NHS Diabetes Awareness prevention programme

36 Burnside Cres, Middleton, Manchester M24 5NN
Monday and Friday NHS referral session 12 pm to 1.30 pm

Everyone Matters Health & Well-being session

£2 per session
36 Burnside Cres, Middleton, Manchester M24 5NN
Friday 1 pm to 3 pm

Wellbeing Classes

Small cost of £3 for each class

Fun Dance

The Hub, Alkrinton, Hardfeild Rd, Middleton, M24 1TQ
Monday from 1 pm

Zumba

Stanycliffe social centre, Stanycliffe Lane, Middleton, M24 1TQ
Monday from 7 pm

Legs, Bums and Tums

Stanycliffe social centre
Stanycliffe Lane, Middleton, M24 1TQ
Tuesday from 6.15 pm

Pilates

Stanycliffe social centre
Stanycliffe Lane, Middleton, M24 1TQ
Tuesday 7.15 pm

Fun dance

Stanycliffe social centre
Stanycliffe Lane, Middleton, M24 1TQ
Wednesday from 10 am

Best of 50's and 60's

The Hub, Alkrinton, Hardfeild Rd, Middleton, M24 1TQ
Friday from 9.30 am

Domestic Abuse Services in Langley



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.

Ask for ANI codeword

If you are experiencing domestic abuse and need immediate help, ask for ANI (Action Needed Immediately) in participating pharmacies and Jobcentres

When you ask for ANI, you will be offered a private space, provided with a phone and asked if you need support from the police or other domestic abuse support services.

To find your nearest participating provider, search using the postcode checker on the Ask for Ani page on the Enough website.

<https://enough.campaign.gov.uk/get-support/ask-for-ani>

Refuge - Refuge offers a freephone, 24 hour National Domestic Abuse Helpline, Webchat, advice and guidance on what support is available to you.

Helpline - 0808 2000 247

Webchat - <https://www.nationaldahelpline.org.uk/en/Chat-to-us-online>

Women's Aid

Women's Aid's directory contains details of local, regional and national services specialising in violence against women and girls including domestic abuse, sexual violence, forced marriage and stalking/harassment.

<https://www.womensaid.org.uk/womens-aid-directory/>

If you are experiencing domestic abuse or are worried about friends or family, you can access the Women's Aid live chat service 7 days a week, 10am to 6pm.

helpline@womensaid.org.uk

Domestic Abuse Services in Langley



Safenet

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

0300 3033 581 contact@safenet.org.uk

Rochdale Women's Welfare Association RWWA

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

01706 860 157 khaldha@rwwa.co.uk

Independent Choices Greater Manchester

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

0800 254 0909

Helpline@independentchoices.org.uk

Rochdale Women's Welfare Association -

support for women experiencing racial inequalities affected by forced marriage, female genital mutilation (FGM) or sexual assault.

01706 860157 - support is available Monday to Friday between 10 am and 2 pm.

Rochdale Connections Trust

Offers a range of support to meet the needs of female victims.

01706 345111 info@r-c-t.co.uk

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

Local Support

Break4Change - support for families with children who abuse

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

01706 924691 early.help@rochdale.gov.uk

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

Cut It Out is our domestic abuse campaign which offers free training to hair and beauty professionals.

It's just one of the ways we're aiming to break down the silence and taboo surrounding the issue that some victims experience.

01706 925857

domestic.abuse@rochdale.gov.uk

Disability Support in Langley



Government Support

Access to Work

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

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

Local Support

Rochdale SEN & Disability Information, Advice & Support

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

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

01706 515741

parent.partnership@family-action.org.uk

www.family-action.org.uk

Your Trust Rochdale

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

To find out more and register interest in any activities, please contact our Inclusion and Disability Adviser Catherine Szymanskyj on **01706 926276** or email

inclusion@yourtrustrochdale.co.uk

A list of activities can be found at

www.yourtrustrochdale.co.uk/adults-disability-and-inclusive-activities

Advocacy Together Hub Rochdale

Castlemere Community Centre, Tweedale St
Rochdale, OL11 1HH

01706 645 830 or 7867 459 340

rochdaleadvocacy@together-uk.org

Respect for All

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

0161 532 4070

Rochdale Gateway Leisure Ltd

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

Amjad Mennen - 01706 515800

admin@gatewayleisure.co.uk

<https://gatewayleisure.co.uk>

Autism Support Group Rochdale

01706 374 525

Autistic Society Greater Manchester

0161 866 8483

enquiries@i-am-autism.org.uk

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

Greater Manchester Autism Consortium

Anglo House, Chapel road, Northenden, M224JN

0161 998 4667

www.autismgm.org.uk

Pure Innovations Rochdale

Jonathan Burns Building, 4NU, Bowness Rd,
Middleton, Manchester

0161 509 1248

Migrant and Multi-Cultural Support in Langley



Local Support

Multicultural Resource Centre

Supporting Multicultural Groups across Rochdale.
25, Lonsdale Avenue, Rochdale, OL16 5HP
07515 282098
mccrochdale@yahoo.co.uk

Rochdale Women's Welfare Association (RWWA)

RWWA is run by women for women. It is a dedicated woman-led organisation striving to empower Black, Asian and Minority Ethnic women to reach their full potential, tackling inequalities, eliminating Violence Against Women and Girls (VAWG) providing holistic support in a safe, culturally appropriate environment.

18, Trafalger Street, Rochdale, OL16 2EB
01706 860157
<https://rwwa.org.uk/>

Friends of Shamwari

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

Revive

Independent community project which provides free practical support, services and advocacy for refugees and people seeking asylum, regardless of race, religion, gender, sexuality, disability, age or beliefs.

187, Grey Mare Lane, Manchester M11 3ND
0161 223 5668 info@revive-uk.org
www.revive-uk.org

Saheli Asian Women's Refuge

Saheli Asian Women's Project provides advice, information and support services to Asian women and their children fleeing domestic abuse and/or forced marriages and is based in Manchester.

0161 945 4187 info@saheli.org.uk
<http://www.saheli.org.uk>

Greater Manchester Immigration Aid Unit

Greater Manchester Immigration Aid Unit (GMIAU) exists to advise, support, represent and campaign with people subject to immigration control.

1 Delaunays Road, Manchester, M8 4QS
0161 740 7722 info@gmiau.org
www.gmiau.org

Talk English Rochdale

Rochdale Borough Council is working with community organisations, schools, children's centres and libraries to help people learn English, access services and get more involved in the community.

Ruhena Begum - **01706 925111**
ruhena.begum@rochdale.gov.uk
Saira Banu - **01706 925106**
saira.banu@rochdale.gov.uk
www.talk-english.co.uk/rochdale/

Near Neighbours

Near Neighbours brings people together in communities that are religiously and ethnically diverse, so they can get to know each other better, build relationships of trust, and collaborate together on initiatives that improve the local community they live in.

samra@greatertogethermanchester.org
www.near-neighbours.org.uk



Migrant and Multi-Cultural Support in Langley



Refugee Action

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

179, Royce Road, Manchester, M15 5TJ

0161 831 5420

www.refugee-action.org.uk

Deepish Community Centre

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

Hare Street, Rochdale, OL11 1JT

01706 860151 **info@deeplishcc.co.uk**

www.deeplishcc.co.uk

Bangladesh Association Community Project

108, Ramsay Street, Rochdale, OL16 2EZ

01706 860349

info@bacprochdale.co.uk

www.bacprochdale.co.uk

Nigeria Community Association

130B, Drake Street, Rochdale, OL16 1PN

07456 136150/07492 515817

nigeriacommunityassociation1@gmail.com

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

For additional migrant and multi-cultural support services please download our National Support Directory

Riverside

Women and Men's Groups Langley



Women's groups

Lighthouse Project

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

For more information about the activities below contact 0161 643 1163

Knit & Natter

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

Caring and Sharing Rochdale

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

07944238892

info@caringandsharingrochdale.org

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/>

Men's Groups

Lighthouse Project

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

For more information about the activities below contact 0161 643 1163

Who let the Dads out

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

Middleton Men's Shed

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

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/>

Riverside

Women and Men's Groups Langley



Mixed Groups

Burnside's Inspiration Community Choir

Group for all choir working on a variety of songs and techniques.

36 Burnside Cres, Middleton, Manchester M24 5NN

Tuesday 10.30 am to 12.30pm (free - term time)

Burnside's Card-making craft sessions with Cath

36 Burnside Cres, Middleton, Manchester M24 5NN

Tuesday 1 pm to 2.30 pm (free, term-time)

McGowanettes' Dance Troupe

36 Burnside Cres, Middleton, Manchester M24 5NN

Tuesday 6.30 pm to 8.30pm £3 per session

PAVED Dance Company, street, stage & screen, and adult commercial dance

36 Burnside Cres, Middleton, Manchester M24 5NN

Thursday 4 pm to 7.30 pm (term time - fees apply)

Burnside's Time Steppers Adult Dance

36 Burnside Cres, Middleton, Manchester M24 5NN

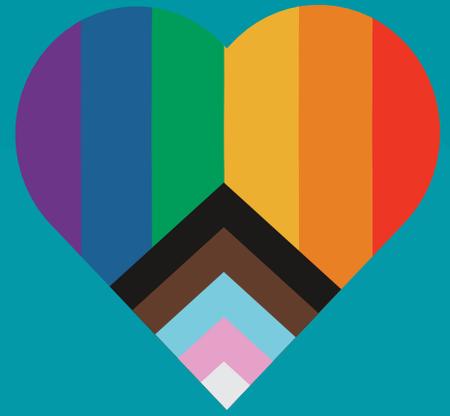
Thursday 1.45 pm to 2.30 pm (£2 per session)

The Gay Gordons Manchester Scottish Ceilidh Dancing

36 Burnside Cres, Middleton, Manchester M24 5NN

Saturday 2 pm to 4 pm £5 per session

LGBTQ+ Support in Langley



Local Support

Greater Manchester LGBT Social Support Network

Support, events and advice

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

The Proud Place - Manchester's LGBTQ community centre

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

49-51 Sidney St, Manchester, M1 7HB

0161 660 3347

www.theproudtrust.org/contact-us/

Mind Out

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

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

Indigo Gender Service

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

0161 710 1196

<https://indigogenderservice.uk/>

Lesbian and Gay Youth in Manchester

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

49-51 Sidney Street, Manchester, M1 7HB

0161 660 3347 info@theproudtrust.org

Additional Support in Langley



Sexual Violence Support

Silent Solution

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

St Marys Centre

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

24 hour helpline: 0161 276 6515

We Are Survivors

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

24/7 Support Line: 0808 500 2222

TRC Sexual Abuse & Rape Support Greater Manchester

Helpline & face-to-face counselling

0161 647 7559 traffordrapecrisis@googlemail.com

Greater Manchester Rape Crisis

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

0161 273 4500 help@manchesterrapecrisis.co.uk

Safeline

A dedicated service in England and Wales for adults and children affected by rape or sexual abuse who identify as male and for those that support them such as friends and family.

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

0808 800 5005 or visit

<https://www.safeline.org.uk/contact-us/> to chat online

Text support: **07860 065187** Open Monday to Friday 9 am to 8 pm, Saturday and Sunday 10 am to 2 pm.

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

Victim Support

If you've been affected by sexual violence and would like information or support, you can get in touch by:

contacting your local Victim Support team

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/>

Calling the Supportline on **08 08 16 89 111**

using the free 24/7 live chat service

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

If English is not your first language and you would like support, call supportline and let us know which language you speak. They will call you back with an interpreter as soon as possible. They also welcome calls via Relay UK and SignLive (BSL).

Additional Support in Langley



Hate Crime

Report a hate crime

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

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

Stop Hate UK

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

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

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

Greater Manchester Victims Services

0161 200 1950

Lets End Hate Crime

Resource website, helping to support victims across Greater Manchester.

www.letsendhatecrime.com

On Your Side - ESEA Hate Crime Reporting

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

www.onyoursideuk.org

Community Clean Up

Burnside's Community Litter Pick

36 Burnside Cres, Middleton, Manchester M24 5NN

10 am first Monday of every month (free - all welcome)