

Manchester Support Directory



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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/>

Food Support Services in Manchester



Food Banks

Openshaw - Referral Only

St Clement's Church, Ashton Old Road, M11 1HF
07928412339

Open Tuesday 2.30 pm to 4.30 pm

Ardwick - Referral Only

Brunswick Parish Church, Brunswick Street, M13 9SX
07928412339

Open Friday 10.30 am to 12.30 pm

Highway Hope Food Bank

1 Matthews Lane, Levenshulme, M12 4WG
07723 447200

Open Tuesday 10 am to 4pm and Thursday 10 am to 4pm.

United Apostolic Church of Christ - Citadel of Praise

703 Stockport Road, Levenshulme, Manchester, M12 4QN
07828107230

Open Saturday 1pm - 3pm

Al-maryam / Urdu Global

Mitre Road, Longsight, M13 ONU
07737 471 959

Open Saturdays 5 pm to 6.30 pm

Better We CIC

49/D Beresford Road, Longsight, M13 0GT
07411 356121, 07503 675205 or 07944 415986

Open Saturday 11 am to 1 pm

Restore Foodbank

582 Hyde Road Gorton, M18 7EE
01612233202 - 07960330001

Open Friday 12 pm to 2 pm

Fallowfield & Withington Foodbank

Holy Innocent's Church, 2 Wilbraham Rd, M14 6JZ
07411 077654

Open Saturday 10 am to 12 pm

Fallowfield & Withington Foodbank

Union Chapel, 2b Wellington Road, M14 6EQ
07411 077654

Open Friday 12 pm to 2 pm

Fallowfield & Withington Foodbank

The Place (Fallowfield Library), Platt Lane, M14 7FB
07411 077654

Wednesday 5 pm to 6:15 pm

Burnage Foodbank

St Barnard's Parish Rooms, St Bernard's Church, Burnage Lane, M19 1DR
07796 448 205

Open Friday 3 pm to 5 pm

George House Trust

75-77 Ardwick Green North, 2 Ardwick, M12 6FX
0161 274 4499

Open Monday to Friday 9.30 am to 4.30 pm

Wellspring Community Church

Brendon Avenue, Moston, Manchester, M40 9DN
0161 219 1284

Open Wednesday 12 pm to 1pm

Reach Out to the Community

The Metropolitan Church of Manchester
Wilbraham St Ninian's URC, Egerton Road South
Chorlton, M21 0XJ
0161 881 6050

Open Monday to Friday 10 am to 4pm

Perry's Foodbank

54 Merseybank Avenue, Chorlton, M21 7NN
07385 722 680

Open Tuesday, Wednesday and Thursday 10.30 am to 3.30 pm



Compassion Food Banks

The Church of God of Prophecy, 300 Moss Lane East, M14 4SS
07773 119855

Fridays 11 am to 1 pm

The Oasis Centre

929 Hyde Road, Gorton, M18 7FB
0161 529 5508

Open Monday to Friday 9.30 am to 2 pm

ASCM Food Bank

582 Hyde Road, Gorton, M18 7EE
0161 223 3202 / 07960330001

Open Friday 12 pm to 2 pm

Chorlton & Didsbury Trussell Trust

Christ Church Hall, Darley Avenue, West Didsbury West Didsbury, M20 2ZD
07938 191038

Open Tuesday 12 am to 3pm, Wednesday 11 am to 12.30pm

George House Trust

75-77 Ardwick Green North, Ardwick, M12 6FX
0161 274 4499

Open Monday to Friday 9.30 am to 4.30 pm

Sheik Nazim Helping Hands

The Pankhurst Centre, 60-62 Nelson Street, M13 9WP

Info@SheikhNazimHelpingHands.co.uk

***Food parcels for all dietary requirements, especially halal meat**

TAcross Ummah CIC - Gorton Community Centre

18 High mead Street, M18 8PE
07747129530

Open Friday 10 am to 12 pm

Food Pantries

Caritas Community Pantry @ The Lalley Centre

St Malachy's RC Primary School, Eggington Street, Collyhurst, M40 7RG

To make referral, including a self-referral, or to find out more contact the Lalley Centre on **0161 205 2754** or

lalleycentre@caritassalford.org.uk

£4 for 10 items of food (plus 1 extra item per child). First shop is free.

Open Monday 2 pm to 4 pm, Wednesday and Friday 11 am to 1 pm

Janson Community Shop

38 Meldon Road, Rusholme, M13 OTR

To book a space please contact Amie on **07913 540 680**

£2.50 for £12 worth of food, also toiletries & household essentials for people living within 15 minutes' walk

Open Thursday 12 pm to 6 pm

Family Action FOOD Club

Whalley Range Sure Start Centre, Burford Road M16 8HE

0161 245 7007

£1 to join for the year. £3.50 for approx. £15 of food. Members must live within 20 minutes of the centre.

Open Friday 1 pm to 3 pm

Globe Food Pantry

79 Cornbrook Street, Old Trafford, M16 7QB
0161 868 0266

Contact the office before attending

Cost £3.50 per week

Open Friday 2 pm to 4 pm

Riverside Food Support Services in Manchester



Social Super Market @ Apostles

Church of the Apostles, Ridgway Street
Miles Platting, M40 7FY
07393 574571

£4 per shop for £30- £40 worth of groceries.

Open Wednesday 12 pm to 7pm, Friday 12 pm to 4pm Saturday 12 pm to 2pm

Well of Hope Food Pantry (Wellspring Community Church)

Brendon Avenue, Moston, M40 9ND
0161 219 1284

£5 per week

Open Wednesday 12 pm to 1 pm

North Manchester Community of Kindness

Heathfield Hall, Heathfield Street, Newton Heath, M40 1LF

Free toast and a brew available to all visitors on a Friday morning. Food packs are £3 - families with 6+ members can double up.

07824 88132

Open Wednesday 3.30 pm to 5 pm, Friday 9.30 am to 11 am

Quids In - Burnage East

N-Gage Catalyst Youth Centre, 345 Burnage Lane, M19 1EN

0161 448 4228

£2 weekly membership

Opening Time Wednesday 10.30 am to 1 pm

Anson Community Shop

38 Meldon Road, Rusholme, M13 0TR

Call 07913 540 680 to book a place

£2.50 for £12 worth of food

Open Thursday 12 pm to 6 pm

Food On Our Doorstep (FOOD) - Gorton

Gorton Sure Start Centre, Mount Road M18 7BG

0161 470 9285

£1.00 to join for a year. £3.50 per week

Open Wednesdays 9.30 am to 11.30 am

Community Grocer - Gorton

Gorton Community Centre, 543 Abbey Hey, M18 8PE

07910 879985

Weekly Free £3.50

Open Thursdays 2 pm to 6 pm

Perry's Pantry

54 Merseybank Avenue, Chorlton, M21 7NN
07385 722 680

Tuesdays, Wednesdays and Thursdays 10.30 am to 3.30 pm

Fallowfield Community Grocer

Fallowfield Library, The Place at Platt Lane M14 7FB

0161 227 3744

£3 per visit

Open Friday 10 am to 12 pm

Southway Housing Quids In - Burnage West

Westcroft Community Centre, Westcroft Road, Burnage M20 6EF

£2 weekly membership

0161 448 4228

Open Wednesday 10 am to 1pm

Anson Community Shop

38 Meldon Road, Rusholme, M13 0TR

07913 540 680 - contact to book place

£2.50 for £12 worth of food

Open Thursday 12 pm to 6pm

Community Support

Tibetan Kitchen

245 Upper Chortlon Road, M16 0BN
07799 896 642

Free hot meals available to collect from our takeaway seven days a week - just ask for a "community meal". Local doorstep delivery service (M16 and M21) available on Thursdays.

Available Monday to Sunday 4 pm to 7 pm

Riverside Food Support Services in Manchester



The Bread and Butter Thing

Mobile food clubs give access to nutritious and affordable food taken into the heart of communities. Text **07860 063 304** with your full name, your postcode, and the name of the hub you will be collecting from. Family £8.50, Individual £5, Large Family £17.

To find out more visit

<https://www.breadandbutterthing.org/what-we-do>

Stops included below

Whalley Range

St Ambrose Primary School, Princess Road
M21 7QA

Open Monday 2 pm

Moss Side

The Work Shop, Alexandra Road, M16 7WD

Open Tuesday 2 pm

Moss Side

300 Moss Lane East, M14 4SS

Open Thursday 2.30 pm

Levenshulme

St Joseph's Primary School, Richmond Grove M13
0BT

Open Wednesday 1 pm to 3 pm

Inspire Levenshulme

747 Stockport Road M19 3AR

Open Friday 1.30 pm

Gorton

Gorton Community Hub, Gorton Library, M18 8LD

Open Friday 11 am

Trafford

St John's Centre, St John's Road, M16 7GX

Open Monday 2 pm

Withington

Withington Library, 410 Wilmslow Road, M20 3LH

Open Monday 2 pm to 2.30 pm

Foodcycle - Hot meals available

To find out more visit <https://foodcycle.org.uk/>
The Inspire Centre, 747 Stockport Road, M19 3AR
levenshulme@foodcycle.org.uk

Open Thursday 7pm

The Oasis Centre

929 Hyde Road, Gorton, M18 7FB

0161 529 5508

Free café. Meals at lunchtime are served on a first come basis and it is always best to get there at 12pm or before.

Weekdays Breakfast 9.30 am to 10.30 am,

Lunch 12 to 12.30 pm

Riverside

Furniture Support in Manchester



Manchester Council Support

You may be entitled to get basic furniture or household goods if you are moving home for urgent reasons because:

- you fear violence at your current address; or
- you have significant health or care needs; or
- you have suffered a disaster or emergency; or
- your move is part of a supported resettlement programme or emergency rehousing.

You may also be entitled to basic furniture or household goods to support someone to stay within their home and maintain independent living.

We only provide goods, not cash. Each item will be delivered to your home, installed if necessary, and will come with a one-year warranty. See if you're eligible

To apply you must:

- live in the area covered by Manchester City Council; and
- be 16 or over; and
- have no capital or savings; and
- get one of the following benefits: Universal Credit, Income Support, Jobseeker's Allowance, Employment and Support Allowance or Guaranteed Pension Credit

You apply through our 'welfare provision' scheme. You can only apply online, and you will need to know your National Insurance number to find out more visit

https://www.manchester.gov.uk/info/200008/benefits_and_support/6301/get_basic_items_of_furniture

Facebook Groups

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

These include:

Free stuff in Manchester, Free or recycle Manchester, free give away Manchester

Resources

Reuse Network

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

Second Hand Furniture Websites

Facebook Market Place and Groups
Gumtree, FreeCycle, Pre-Loved, Freeads, VivaStreet, Freegal

Riverside Furniture Support in Manchester



Charity Shops

Chorlton BHF Shop

587 Wilbraham Road, Chorlton-Cum-Hardy,
Manchester, UK, M21 9AF
0161 526 3765

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

Sue Ryder Chorlton

553 Wilbraham Road, Chorlton Cum Hardy,
M21 0AE
0161 881 3578

**Open Monday to Saturday 9.30 am to 4.30
pm and Sunday 10 am to 4 pm**

Sue Ryder Didsbury

794-796 Wilmslow Road, Didsbury, M20 6UH
0161 434 7044

**Open Monday to Saturday 9.30 am to 4.30
pm and Sunday 10 am to 4 pm**

St Ann's Ladybarn furniture shop

128 Mauldeth Rd, Ladybarn M14 6SQ
0161 445 7990

**Open Monday to Saturday 9.30 am to 4.30
pm**

Salvation Army Ardwick furniture shop

164 Stockport Rd, Ardwick, Manchester M13
9AB
0161 272 6299

Open Monday to Saturday 9.30 am to 4 pm

Red Cross

611 Wilbraham Road, Chorlton-cum-Hardy,
M21 9AN
0161 860 6965

Open Monday to Saturday 9 am to 4.30 pm

Age UK Manchester Furniture store

Garratt Way, Gorton, Manchester, M18 8HE
0161 223 1362

Open Monday to Saturday 9 am to 4.45 pm

Age UK Manchester - Withington Charity Shop

26 Copson Street, Manchester, M20 3HB
07851 389970

Open Monday to Saturday 9 am to 4.45 pm

Didsbury Village Donation Station

45 Ward Street, Didsbury, Manchester, M20 6TJ
01616 372337

Open Monday to Saturday 9 am to 4.45 pm

Age UK Manchester - Didsbury Village

680 Wilmslow Road, Manchester, M20 2DN
01615 235878

**Open Monday to Saturday 9 am to 4.45 pm
Sunday 11 am to 3.45 pm**

Barnardo's

Unit C, Fallowfield Retail Park, Fallowfield, M14 6FS
01612485656

**Open Monday to Saturday 9.30 am to 5.30 pm and
Sunday 10 am to 4 pm**

Francis House Charity Shop

470 Wilmslow Road, Withington, M20 3BG
0161 434 4479

Open Tuesday to Saturday 10 am to 4 pm

Cost of Living Support in Manchester



Manchester City Council Cost of Living Advice Line

If you are struggling with the increases in food and energy bills and are struggling financially, help is available to support Manchester residents through the cost-of-living crisis, Manchester City Council's free telephone line offers support with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Food support – help to find community food provision near you
- Help to get online – support to access the internet, laptops, phones and data.

The advice line can be accessed via a freephone number **0800 023 2692**

Open Monday to Friday 9 am to 4.30 pm

Libraries

Arcadia Library and Leisure Centre (Levenshulme)

Yew Tree Avenue, Levenshulme, M19 3PH
0161 227 3725

levenshulmelibrary@manchester.gov.uk

Open Monday to Thursday 6.30 am to 10 pm, Friday 6.30 am to 5 pm and Sunday 9 am to 5 pm

Barlow Moor Community Library

23 Merseybank Avenue, Chorlton, M21 7NT
0161 227 3742/ 0161 446 4805

Chorltonlibrary@manchester.gov.uk

Monday to Thursday 9 am to 4pm (Tuesday until 7 pm) and Friday 9 am to 2 pm

Burnage Library, Activity and Information Hub

Burnage Lane, Burnage, M19 1EW
0161 227 3774

info@burnageactivityhub.org.uk

Open Monday 10 am to 4 pm, Tuesday 10 am to 1 pm, Wednesday 10 am to 7 pm and Saturday 10 am to 1 pm

Chorlton Library

Manchester Road, Chorlton, M21 9PN
0161 227 3700

chorltonlibrary@manchester.gov.uk

Open Monday 9 am to 5pm, Tuesday 9 am to 8 pm, Thursday to Saturday 9 am to 5 pm

Didsbury Library

92 Wilmslow Road, Didsbury, M20 2DN
0161 227 3755

didsburylibrary@manchester.gov.uk

Open Monday and Tuesday 9 am to 8 pm and Thursday to Saturday 9 am to 5 pm

Fallowfield Community Library

The Place at Platt Lane, Platt Lane M14 7FB
0161 227 3744

withingtonlibrary@manchester.gov.uk

Open Monday 1 pm to 7 pm, Wednesday 2 pm to 5 pm, Thursday 10 am to 5 pm and Saturday 11 am to 2 pm

Gorton Library

27 Garratt Way, Gorton Hub, Gorton, M18 8HE
0161 227 3737

gortonlibrary@manchester.gov.uk

Open Monday 10 am to 5 pm, Tuesday 1 pm to 8 pm, Thursday 10 am to 8 pm, Friday and Saturday 10am to 5pm

Longsight Library and Learning Centre

519 Stockport Road, Longsight, M12 4NE
0161 227 3706

longsightlibrary@manchester.gov.uk

Open Monday 9 am to 5 pm, Tuesday and Wednesday 9 am to 8 pm, Thursday to Saturday 9 am to 5pm

Miles Platting Community Library

Lower Vickers Street, Miles Platting, M40 7LJ
0161 227 3787

beswicklibrary@manchester.gov.uk

Open Tuesday 10 am to 5 pm, Thursday 1 pm to 7 pm, Saturday 10am to 1pm

Cost of Living Support in Manchester



Moss Side Powerhouse Library

140 Raby Street, Moss Side, M14 4SL
0161 227 3758

powerhouselibrary@manchester.gov.uk

**Open Monday to Thursday 11am to 2pm and
3pm to 7pm, Saturday 12pm to 5pm**

New Moston Community Library

Nuthurst Road, New Moston, M40 3PJ
0161 219 6461

ncl@manchester.gov.uk

**Open Monday 1 pm to 5 pm, Wednesday 10
am to 6 pm and Saturday 2 pm to 5 pm**

Newton Heath Library

Old Church Street, Newton Heath, M40 2JB
0161 234 4474

newtonheathlibrary@manchester.gov.uk

**Open Monday 9 am to 8 pm, Tuesday 9am to 5
pm, Wednesday 9 am to 5 pm, Thursday 9 am
to 1 pm, Friday 9 am to 5 pm and Saturday
9am to 5pm**

Withington Library

410 Wilmslow Road, Withington, M20 3BN
0161 227 3720

withingtonlibrary@manchester.gov.uk

**Open Monday and Wednesday 9 am to 8 pm,
Tuesday 1 pm to 8 pm, Friday and Saturday 9
am to 5 pm**

Employment Support

Intensive Personalised Employment Support

The Intensive, Personalised Employment Support (IPES) programme provides bespoke support to people with disabilities, focusing on moving them into sustained employment. To find out more contact **0151 556 9250 /**

07901239515 or email

IPESenquiries@growthco.uk

One Manchester

Need help developing your skills or finding a job? One Manchester's employment and skills team is dedicated to helping you build your confidence and skills and find valuable employment that works for you.

0330 355 1000

<https://www.onemanchester.co.uk/advice-support/employment-skills>

Working Well

Support to Succeed is a programme for Greater Manchester residents who want to build their skills, confidence, and community. Individuals have access to a range of activities, classes, courses, and workshops including digital skills, finance and budgeting help, sports and physical activity, career planning and much more.

To find out more contact **0161 236 8118**
supporttosucceed@gcemployment.uk

Motiv8: Employment Support

Motiv8 provides 1-2-1 wraparound support for 6 months to help people overcome barriers and move into employment. Motiv8 can support people to develop a personal action plan that is unique to their own needs. Issues can range from debt and financial hardship, homelessness, domestic abuse, physical health, mental wellbeing and alcohol and drug dependency and many more besides. To find out more contact

0161 331 2048 or email

motiv8@jigsawhomes.org.uk

Cost of Living Support in Manchester



Credit Unions

Manchester Credit Union

Central Branch - Ground Floor, Queens Court,
24 Queen Street, M2 5HX

Wythenshawe Branch - Unit 10 Haletop,
Wythenshawe Civic Centre, M22 5RN
0161 231 5222

info@manchestercreditunion.co.uk

Open Monday to Friday 9 am to 3.30 pm

South Manchester Credit Union

187 Fog Lane, Burnage, M20 6FJ

0161 448 0200

<https://www.smcreditunion.co.uk/>

Citizens Advice

Citizens Advice Manchester

Citizens Advice Manchester offers free, confidential, impartial and independent advice and information on a wide range of subjects. Get in touch in a way that works for you. To find out more visit

www.citizensadvicemanchester.org.uk or call **0808 278 7800**

For face-to-face support you can book an appointment at a local community advice hub.

To find out more visit

<https://www.citizensadvicemanchester.org.uk/face-to-face>

Debt Support

Citizens Advice Manchester

at the Customer Service Centre in the Town Hall Extension (call them on **0808 278 7800** to book a debt advice session).

Manchester Mind

Delivered at the Zion Centre, 339 Stretford Road, Manchester, M15 4ZY

To access the service call **0161 769 5732**

Gateway M40: Independent Debt and Money Advice Charity

Gateway M40 is an independent debt and money advice charity based in Collyhurst, Manchester. The service is completely free. They offer debt advice, education, practical assistance, and ongoing support to anyone who needs it, regardless of background or circumstances.

Wilson's Park, Monsall Road, Newton Heath Manchester, M40 8WN

0161 202 3511

info@gatewaym40.org

<https://www.gatewaym40.org/>

Welcome Spaces

Libraries

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.

Search for your local library here:

<https://www.gov.uk/local-library-services>

Riverside Digital Inclusion Support in Manchester



Libraries

Libraries across Manchester are here to help you get on the internet for free. Staff may be able to support you with your internet use. There are times of the week at most libraries where more support is available.

You can go to any library to use:

- the internet on a computer.
- wifi on your own device.

For help with, or to improve your online skills, text **0786 0064 128** or email **digitalinclusion@manchester.gov.uk** with your name and area of Manchester that you live in.

Digital Hubs

YES - Collyhurst

35-39 South Church Parade (Off Collyhurst Street), Collyhurst, M40 7QH

0161 260 1600

yesinfo@yesmanchester.co.uk

YES - Newton Heath

115 Briscoe Lane, Newton Heath, M40 2TP

0161 260 1600

yesinfo@yesmanchester.co.uk

ALL ARTS & MEDIA

Cromwell Grove, Levenshulme, M19 3QE

0161 248 6888

Barlow Moor Community Centre

23 Mersey Bank Avenue, Manchester, M21 7NT

0161 446 4805

Chorlton good neighbours

Wilbraham St Ninians Church Egerton Road
South, Chorlton-cum-Hardy, M21 0XJ

0161 881 2925

Greenheys Adult Learning Centre

Upper Lloyd St, M14 4HZ

0161 254 7330

Taban

Holy Innocents Church, Manchester, M14 6JZ,

0161 224 0535

Healthy Me Healthy Communities CIC

Gorton Community Centre, Highmead Street, M18 8PE

0161 222 3633

The Oasis Centre

929 Hyde Road, Manchester, M18 7FB

0161 529 5508

Didsbury Good Neighbours

The Pavillion Cafe, Gillbrook Road, M20 6WH

07513868556

Ethnic Health Forum

5 Union Street, Ardwick, Manchester, M12 4JD

07918830170

Northmoor Community Centre

95 - 97 Northmoor Road, Longsight, M12 5RT

0161 248 6823

Somali Advice Link

7 Cariocca Business Park, 2 Hellidon Close, M12 4AH

0161 272 7909

Men's Shed at The Monastery

The Monastery Manchester, M12 5WF

0161 223 3211

Better We CIC

49/D Beresford Road, Longsight, M13 0GT

07939 633243

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

Riverside Digital Inclusion Support in Manchester



Yaran Northwest

307, Dickenson road, Manchester, M13 0YW
07360162260

Golden Centre Of Opportunities

80 Demesne Road Alexandra Park, M16 8PH
0161 2266 181

Manchester City Council

Free Sims with Internet Access

Any Manchester resident (over the age of 18) who is on a low income and struggling to pay for internet access can now get a free SIM loaded with free data.

SIMs come with free internet access for up to 6 months, all you have to do is pop into your local library and ask for help.

Helping getting online and digital, buy cheap laptops, desktops and more

If you need a computer, Manchester City Council have partnered with Community Computers, who refurb devices and sell them at a low price. It's now just £60 for a laptop or desktop - including MS Office, antivirus software and a 12-month warranty. To find out more visit their website

<https://shop.communitycomputers.co.uk/>

Help using online services

If you need help getting online, or with anything digital, Manchester City Council's digital inclusion team can help you with data, devices and training. If you want to get online but are struggling to pay for WiFi, Manchester City Council can provide you with a free SIM and dongle so you can have internet in your house for 6-12 months.

Text **07860 064128** or email
digitalinclusion@manchester.gov.uk

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

Riverside Youth Provision in Manchester



Family Centres

Family Hubs bring together services for families with children of all ages (0-19) or up to 25 with special educational needs and disabilities (SEND). At the core of the offer is an enhanced Start for Life offer which provides support to parents and carers from a child's conception until their second birthday.

<https://hsm.manchester.gov.uk/kb5/manchester/directory/familyhub.page?familyhubchannel=0>

Longsight Family Hub (Longsight)

1A Farrer Road, Longsight, M13 0QX
0161 248 1500

Sacred Heart

Glencastle Road, Gorton, M18 7NE
0161 245 7180

St James Sure Start

Stelling Street, Gorton, M18 8LW
0161 245 7001

Youth Groups

Junior Youth Clubs (4CT)

Open access Junior Youth clubs for children aged 6yrs to 10yrs.

Stirling Centre, Scotland Hall Road, Newton Heath M40 2AZ

Tuesday 4 pm to 6 pm

Stirling Centre, Scotland Hall Road, Newton Heath M40 2AZ

Thursday 4 pm to 6 pm

For more information contact Kay Gallagher
0161 2301 420 kay@4ct.org.uk

Senior Youth Clubs (4CT)

Youth clubs for 11 to 16yrs

Stirling Community Centre, Scotland Hall Road
Newton Heath, M40 2RE

Tuesdays and Thursdays from 6.30pm to 8.30pm

**For more information contact Kay Gallagher
0161 2301 420 kay@4ct.org.uk**

Young Manchester

Young Manchester is a youth-led partnership of over 120 local non-profit organisations and groups supporting 15,000 children and young people in Manchester every week.

To find out more about the support offered visit

<https://youngmanchester.org/>

to find local groups visit

<https://youngmanchester.org/member-directory>

Hide out Youth Zone

Youth Zone dedicated to providing opportunities and experiences to all local young people.

1 Queens Avenue, Manchester, M12 5PX

0161 511 3777

enquiries@hideoutyouthzone.org

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

Powerhouse

Multi Service Youth Hub for central Manchester and home to a range of services for Young People which include; Mental health, Careers advice and guidance, specialist programmes for young people 16-19 who are NEET. Library for Young People, Sports sessions, Arts & Crafts, Youth Club, Music and Drama sessions.

140 Raby Street, Moss Side Manchester M14 4SL

0161 226 4335

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

Riverside Youth Provision in Manchester



GMYN

Greater Manchester Youth Network (GMYN) supports young people aged 10-25 across Greater Manchester by offering innovative and exciting opportunities to build key skills and confidence. They deliver a range of development programmes and drop-in activities to help young people transition to adulthood feeling supported, positive, and valued.

Greater Manchester Youth Network, Greenfish Resource Centre, 46-50 Oldham Street, Manchester M4 1LE

0161 234 2950 info@gmyn.co.uk

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

Manchester Young Lives

Head Office

The Addy Young People's Centre, Woodhouse Lane, Manchester, M22 9TF

0161 437 5923

info@manchesteryounglives.org.uk

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

Activities delivered at:

A6 Young People's Centre & Adventure Playground,

Wilson Street, Ardwick, M13 9EX

0161 273 4474

The Addy Young People's Centre

Woodhouse Lane, Wythenshawe, M22 9TF

0161 437 8950

Moss Side Adventure Playground

Whitnall Street, Moss Side, M16 7EB

0161 232 8588

M13 Youth Project

M13 Youth Project works together with young people in their local communities to enrich their lives; through co-creating life-enhancing relationships, conversations, safe places and activities that foster fun, learning, action and transformation.

35 Portland Crescent, Longsight, M13 0BU

0161 225 0201

info@m13youthproject.org.uk

<https://www.m13youthproject.org.uk/>

Riverside Older People Support in Manchester



Age UK Advice Line - 0800 678 1602

Dementia UK - 0800 888 6678

Re-engage

Group and one-to-one social activities will help older people connect with others.

0800 716543

The Silver Line - 0800 4 70 80 90

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Age UK Manchester

Age UK Manchester offers a range of services, providing you or your loved one with a relationship for life. To find out more visit

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

Weekly Age UK activities at Brunswick Village
50 Brunswick Street, Ardwick, Manchester
M13 9PE

enquiries@ageukmanchester.org.uk

0161 676 8706

Levenshulme Good Neighbours

Levenshulme Good Neighbours is a registered charity that works with volunteers to offer practical, social and emotional support to over 300 older people living in the Levenshulme area of Manchester.

The Inspire Centre, 747 Stockport Road,
Levenshulme, Manchester, M19 3AR

0161 850 1066, 0739 632 1077

team@lgn.org.uk

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

Burnage Community Centre

Provides opportunities for people who feel isolated and lonely to meet others and feel like they are a valuable part of society

347 Burnage Lane, Burnage, M19 1EW

0161 431 722007395 958 64907545 507 491

sam@burnagegoodneighbours.org.uk

krysia@burnagegoodneighbours.org.uk

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

Table Tennis and Badminton for Over 50's

Armitage Centre, Moseley Road, Fallowfield M14 6PA

Friday Mornings 10 am to 12 pm

The Armitage Sports Centre, Moseley Road

Fallowfield, M14 6PA

0756 4623 530

raimundo26k@gmail.com

Mental Health and Wellbeing Support in Manchester



Hub of Hope

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

NHS Greater Manchester

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

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

Mental Health Link Workers

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

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

01942 764429

Crisis Cafes

Community spaces across Greater Manchester known as 'Crisis Cafés' or 'Listening Lounges' offer a safe, comfortable, and confidential environment for anyone over the age of 18, who is feeling low, anxious, struggling with negative thoughts, or just wants to talk to someone during evenings or weekends.

Old Trafford Resource Centre, 54-56 Seymour Grove, Manchester M16 0LN.

Open Monday to Friday, 7 pm to 2 am, Saturday and Sunday, 5 pm to 2 am

Text or call 07933 882743, or email crisiscafe@bluesci.org.uk.

<https://www.gmmh.nhs.uk/247-helpline/>

Manchester Mind

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

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

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

To find out what services are available please visit <https://www.manchestermind.org/>

Domestic Abuse Services in Manchester



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.

Greater Manchester Domestic Abuse Helpline

The Greater Domestic Abuse Helpline is a safe space and is available Monday to Friday from 10 am to 4 pm on **0800 254 0909** or **0161 636 7525**

End The Fear

Anybody who is experiencing domestic or sexual violence can find help, support and advice here <https://www.endthefear.co.uk/>

Manchester Women's Aid

Offers advice and support to victims
You can call **0161 660 7999** or email referrals@manchesterwomensaid.org
Monday to Friday from 9.30 am to 4.30 pm
<https://www.manchesterwomensaid.org/>

Saheli

For all women and their children to be safe, secure and feel confident to live independent lives, free from abuse.

0161 945 4187 help@saheli.org.uk
<https://www.saheli.org.uk/>

Manchester Independent Domestic Violence Advice Service (IDVA)

0161 234 5393
advisory.service@manchester.gov.uk

The Pankhurst Centre Women's Drop In

Weekly drop-in for women of all ages and backgrounds. Social group allowing women to attend, free of charge, on an informal basis, to meet new friends and have fun in a safe and supportive environment.

The Pankhurst Centre, 60-62 Nelson Street,
M13 9WP

0161 273 5673
admin@thepankhurstcentre.co.uk

Domestic Abuse Services in Manchester



Safety 4 Sisters

Emergency outreach casework support and practical advice & referrals. Supported offered with safe accommodation, safety, immigration support referral , emotional support.

Info@safety4sisters.org

<https://www.safety4sisters.org/>

Mens Advice Line - Respect

Help and support for male victims of domestic violence from a team of skilled professionals offering practical advice, information and emotional support to male victims of domestic violence, as well as to concerned friends and family and frontline workers.

0808 801 0327

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

Riverside Disability Support in Manchester



Government Support

Access to Work

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

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

Support in Manchester

The SPACE Group

A group for parents/carers run by Manchester parents/carers. If you have a child with special educational needs and disabilities (SEND), The SPACE Group offers a supportive community.

0773 192 5208

spacegroup@manchesterparentcarerforum.org.uk

St George's Community Centre, Bothwell Rd,
Collyhurst, M40 7NY,
Every other Friday 11 am to 1 pm.

Fallowfield Library, Platt Lane, M14 7FZ
Every other Friday from 10.30 am to 12.30 pm.

Special Educational and Disability Information, Advice Support Service Manchester

Information, advice and support to children, young people and parents/carers about special educational needs and disabilities (SEND). This includes health and social care where it is linked to education.

Hulme District Office, 323 Stretford Road,
Hulme, Manchester, M15 4UW
0161 209 8356

sendiass@manchester.gov.uk

info@iasmanchester.org

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

Greater Manchester Coalition of Disabled People

Disabled people's organisation, 100% run and controlled by disabled people.

<https://www.iasmanchester.org>

Manchester People First

Self advocacy group for adults with a learning disability.

Manchester People First, 3 Broughton Street
Cheetham Hill, M8 8RF

0161 839 3700

mcrpeoplefirst@gmail.com

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

Open Doors (Manchester Art Gallery)

Open Doors is a free monthly creative workshop especially for autistic children and their families and carers. It's a chance to get hands on with a variety of making activities, explore the art gallery or just spend time together in the children's space.

Manchester Art Gallery

Mosley Street, Manchester, M2 3JL

0161 235 8888

<https://manchesterartgallery.org/open-doors/>

Manchester Music Centres

Manchester has a range of inclusive and open access music centres across the city that offer free activities. There are six centres, with musical activities and pathways for all ages and abilities.

0161 276 0104

Starling

Starling run arts-based projects for neurodivergent young people aged 13 to 25, creating safe spaces for self-expression, positivity, and meeting like-minded people. They're also open to young people with mental health difficulties due to challenging life circumstances, like being a carer or being in care.

hello@starlingcio.org.uk

<https://starlingcio.org/>

For additional disability support services please download our National Support Directory

Riverside Disability Support in Manchester



Lifestyles Drop In Sessions for Adults with Learning Disabilities

Better Things activities including Zumba, multisport, gardening and workshops for adults with learning disabilities

Woodhouse Park Lifestyles Centre
Portway, Wythenshawe, M22 1QW
07784 723 151

wearebetterthings@gmail.com

<https://www.wearebetterthings.co.uk/aboutus>

Ableize

Registry of accessible activity groups across Manchester.

<https://www.ableize.com/disabled-groups-and-clubs-by-county/manchester/>



Riverside

Migrant and Multi-Cultural Support in Manchester



Migrant Support

Delivering support and activities to migrants including refugees and asylum seekers living in Manchester.

Central Hall Buildings Oldham Street, M1 1JQ
0161 237 1427

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

Multicultural Resource Centre

The Multicultural Resource Centre promotes community cohesion and racial harmony by providing culturally sensitive support and resources to BAME communities. It also develops monitoring systems to evaluate the effectiveness of its services.

07708 628455
info@mcrch.org.uk

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

Yaran Northwest

Yaran Northwest was established as a not-for-profit organisation to provide a variety of services to meet the needs of vulnerable adults, new immigrants, families and couples in Greater Manchester.

307 Dickenson Road, Longsight, M13 0YW
07360162260

info@yarannorthwest.com

<https://www.yarannorthwest.com/>

BME Community Services

Black and Minority Ethnic Community Services promoting positive progression and role modelling through mentoring, training, faith interaction activities

14 Peel Grove Longsight Manchester M12 4WE
0161 224 8947

cstanimowo@hotmail.co.uk

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

Riverside Women's Groups in Manchester



Women's Groups

Manchester's Women's Institute

Groups, events and support
manchesterwi@gmail.com

<https://www.manchesterwi.org.uk/groups>

Manchester Women Together!

A dedicated space for women to engage in open conversations about a spectrum of health and social care topics.

c/o Healthwatch Manchester, Railway Cottage
Behind Bass Warehouse, Castle Street, M3 4LZ
0161 228 1344

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

Greater Manchester Support Alliance

The Greater Manchester Women's Support Alliance (GMWSA) acts as a strategic support system for services that help women overcome any challenges they might be facing with domestic abuse, homelessness, mental health and substance misuse.

<https://gmwsa.org/>

Lonely Girls Club

The Manchester Lonely Girls Club runs regular events across Manchester. These are designed for you to attend solo and leaving having met a fabulous bunch of new people to start building friendships with!

<https://www.llgc.co.uk/collections/manchester>

WomenZone

The aim of WomenZone is to offer women from all backgrounds irrespective of ethnicity, faith and age, a platform to become more informed of health and well being and build a close relationship and friendship circle, towards overcoming racial barriers and contributing towards building a harmonious society.

womenzonenm@gmail.com

Ananna

provide meaningful activities, support, information and signposting, particularly for disadvantaged women that are survivors of domestic abuse or have struggled with mental health.

360 Dickenson Road, Longsight, M13 ONG
0161 257 3867/ 2122

info@mbwo.org.uk

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

42nd Street Women's Group

Group is for ALL young women (inclusive of trans women) and non-binary young people aged 18-25 who have experienced feelings of isolation, low confidents, anxiety and depression.

<https://www.42ndstreet.org.uk/>

Riverside Men's Groups in Manchester



Men's Groups

Mandem Meetup CIC

Provide an open, inclusive community for all those who identify as male, offering a relaxed, comfortable, and judgement-free space to encourage and empower men to be themselves. To find about more about the next meet up email mcr@mandemmeetup.org or visit <https://www.mandemmeetup.org/about-us>

AndysManClub

Join any of ANDYSMANCLUB location every Monday at 7pm (except bank holidays) It's free to come along and you don't need to let them know in advance.

To find your local club visit

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

Directions for Men

Men's mental health peer support organisation, dedicated to promoting wellness through community and shared experiences.

07894 971 434

hello@directionsformen.org.uk

Openshaw Talk Group

Manchester Settlement

The New Roundhouse, 1328 – 1330 Ashton Old Road, Openshaw, Manchester, M11 1JG

Open Thursdays 6.30 pm

Wythenshawe Talk Group

Wythenshawe Library, Forum Centre, Simonsway M22 5RX

Open Thursdays 6 pm

Sale Talk Group

St Marys Church, 44 Moss Lane, Sale. M33 6GD

Open Mondays 11 am

Talk About it Mate

Eccles Gateway, 28 Barton Lane, Eccles, Salford, Greater Manchester, M30 0TU

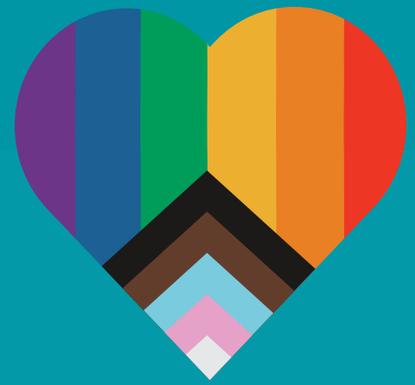
07592612944

talkaboutitmate@gmail.com

<https://www.talkaboutitmate.co.uk/community>

Open Friday 1 pm

LGBTQ+ Support in Manchester



LGBTQ+

Proud 2 b Parents

Proud 2 b Parents is an inclusive organisation for all routes to parenthood.

Ran by and deliver services for LGBT+ parents / carers to be, LGBT+ parents / carers and their children living in Greater Manchester.

07843913001

info@proud2bparents.co.uk

<https://www.proud2bparents.co.uk/>

Sparkle

Supporting Transgender people across Manchester and the UK

83 Ducie Street, Manchester, M1 2JQ

info@sparkle.org.uk

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

African Rainbow Family

Supporting LGBTIQ people of African heritage.

The Monastery Manchester

Gorton Lane, Manchester, M12 5WF

<https://africanrainbowfamily.org/>

The Proud Place - Manchester's LGBT+ Community Centre

Based in the heart of Manchester on Sidney Street, The Proud Place houses The Proud Trust and serves as a community hub for the wider LGBT+ population across Greater Manchester and beyond.

49-51 Sidney St, Manchester, M1 7HB

0161 660 3347

<https://www.theproudtrust.org/the-proud-place/>

BiPhoria

Support group for bi-curious and bisexual people aged 18+.

Email bis@biphoria.org.uk

Trans Forum Manchester

Support and advice group for Trans, Non-Binary and Gender non-conforming people in Greater Manchester. Available through face to face, online and telephone.

Call **07500 741955 / 01745-337144** or email jennyannebuk@btinternet.com

Trans Mutual Aid Manchester

Trans-led organisation that provides support, advice and give a community to trans and non-binary people. They aim to get in contact with under represented groups, who experience racism, transmisogyny and those over 50.

transmutualaidmanchester@gmail.com

Rainbow Noir

Rainbow Noir is a social and peer support group for people of colour who identify as Lesbian, Gay, Bisexual, Trans*, Queer and/or Intersex (LGBTQI). They meet on the 2nd Thursday of each month at the Manchester's LGBT Centre on Sidney St.

rainbownoirmcr@gmail.com

Lesbian Immigration Support Group

Support for bisexual and lesbian women asylum seekers and refugees, providing emotional and practical support.

07503351922

Out in the City - Manchester 50+ group

Out In The City is a self-organised project (supported by Age UK Manchester) to support members of the lesbian, gay, bisexual and transgender communities who are over 50 years of age.

Cross Street Chapel, 29 Cross Street, Manchester M2 1NL

Every Thursday from 2 pm to 4 pm. The meetings are a drop-in and there is no need to book.

Riverside Additional Support in Manchester



Sexual Violence Support

Greater Manchester Rape Crisis

Women led, women only service, committed to providing a safe space in which survivors can heal.
73 Ardwick Green North, Manchester, M12 6FX
0161 273 4500
help@manchesterrapecrisis.co.uk
<https://www.manchesterrapecrisis.co.uk/>

St Mary's Centre

Supporting victims of rape and sexual assault from immediate crisis support to long term support.
First Floor, Peter Mount Building, off Hathersage Rd, Manchester M13 0HY
0161 276 6515 (lines open 24 hours a day 7 days per week)
<https://www.stmaryscentre.org/>

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 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.

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 Manchester



Hate Crime

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

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

Stop Hate UK

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

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

Webchat at <https://www.stophateuk.org/talk-to-us>

Citizens Advice Manchester

Citizens Advice Manchester is a registered reporting centre for hate crime. Staff can provide advice to those who have been subjected to a hate crime or hate incident and tell you where you can get more information and support.

You can contact their adviceline on **0808 278 7800** and trained staff will explain the process and guide you through this.

<https://www.citizensadvicemanchester.org.uk/new-page-2>

Catch22

Catch22 deliver the Greater Manchester Victims Service. Lines are open 8 am to 6 pm Monday to Saturday, and until 8 pm on Wednesdays.

0800 876 6155

<https://www.victimsupport.org.uk/resources/greater-manchester/>

Victim Support: (24/7 support)

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

0808 16 89 111

Live chat available by visiting

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

Hate Crime Campaign

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

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