

# Wirral 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 Wirral



## Council Support

### Household Support Fund

#### Financial help for vulnerable residents in Wirral

Help is available for people in Wirral who are struggling with the cost of living. The council will help people who are most vulnerable to increases in the cost of living. This work is done with local agencies, groups and organisations.

#### Support Available

The financial support available includes:

- Government Fuel Rebate scheme
- Winter Fuel Payments
- Help with Council Tax
- Emergency financial support schemes
- Discretionary Housing Payments
- Additional financial support for most vulnerable pensioners
- Costing of Living Support – Government Guidance

Wirral Foodbank works with local agencies to help people who are struggling to put food on the table. If you need an emergency food parcel, a local agency may be able to provide you with an emergency foodbank voucher for the Wirral Foodbank.

**Visit Wirral Foodbank for details of agencies who can assist or call 0151 606 2005 who can also assess you for help for Wirral Foodbank.**

Emergency financial support may be available from Wirral Council for individuals and families in crisis who are in urgent need of specialist food that cannot be supplied by Wirral Foodbank and who cannot pay. We may be able to provide financial help for three days' worth of food for people with a specific food need related to a medical or health condition or due to religion or culture.

To find out more visit:

[https://my.wirral.gov.uk/service/Wirral\\_Emergency\\_Food\\_Request](https://my.wirral.gov.uk/service/Wirral_Emergency_Food_Request)

### Help with something else (for example, other items, bills and expenses)

Financial support may be available to help with other household items, bills and expenses. This is to provide immediate help in an emergency situation; it is not to provide ongoing regular support.

- Essential transport costs. This could cover emergency travel. It could be for caring duties. It could also be for essential health appointments like dialysis or chemotherapy.
- Veterinary bills. This may be for unexpected veterinary treatment required for a pet critical to its health and wellbeing, where pet insurance is not in place.
- General health needs. This may be for the limited cost of important health needs such as 'Flu vaccinations, paid-for treatments and unexpected high prescription costs.
- Help may be available for other items or bills

**For Advice and help contact 0151 606 2005.**

# Food Support Services in Wirral



## Wirral Foodbank

Unit 14 Wirral Business Centre, Dock Road  
Birkenhead, CH41 1JW

**0151 638 7090**

<http://wirral.foodbank.org.uk>  
[enquiries@wirralfoodbank.org.uk](mailto:enquiries@wirralfoodbank.org.uk)

Enquiries before 2 pm Monday to Thursday  
**0151 638 7090**

Out of hours support between 2pm – 5pm  
Monday – Friday  
**07947 387930**

Emergency out office hours, between 5pm –  
9am Monday – Friday and all day Saturday,  
Sunday Emergency Social Services  
**0151 677 6557**

## Seacombe Children's Centre

St Paul's Road, Wallasey, CH44 7AN  
0151 666 3506

**Open Monday and Wednesday 1 pm to 3 pm  
and Friday 10 am to 12 pm**

## St James Church, New Brighton

Albion Street, New Brighton, CH45 9LF  
0151 630 6677

**Open Thursday 11 am to 12.30 pm**

## North Birkenhead Development Centre

St James Centre, 344 Laird Street, CH41 7AL  
0151 670 9974

**Open Monday 3 pm to 4.30 pm**

## Christ Church, Moreton

Christ Church, Upton Road, CH46 0PA  
0151 604 0049

**Open Monday 1 pm to 2.30 pm**

## St Mark's, New Ferry

St Mark's Church, New Chester Road,  
CH62 1DG

0151 601 4872

**Open Thursday 10.30 am to 12.30 pm**

## Salvation Army Charity Shop

Salvation Army, 19 Oxtan Road, Birkenhead  
CH41 2QQ

**0151 6522569**

**Open Saturday 10.30 am to 12.30 pm**

## St Chads, Liscard

Twickenham Drive, Leasowe, CH46 1RW  
0151 678 6497

**Open Tuesday 11 am to 1.30 pm**

## St Joseph and St Alban's

St Alban's Parish Centre, St Alban's Road  
Wallasey, CH44 5UD

0151 638 1520

**Open Tuesday 5.30 pm to 7 pm**

## St Catherine's Tranmere

Church Road, Tranmere, CH42 0LQ  
01516527379

**Open Friday 11 am to 1 pm**

## St Vincent's Centre

15 - 17 Grange Road West, Birkenhead,  
CH41 4BY

0151 673 1313

**Open Monday to Friday 12.30 pm to 3 pm**

## St David's Church

Crossthaite Avenue, Eastham, CH62 9DG  
0151 327 3722

**Open Wednesday 12 pm to 1.30 pm**

# Riverside

## Food Support Services in Wirral



### **The Pet Food Project**

47 Cobham Road, Wirral, CH46 0QZ **kFed Up Wallasey - Egremont Community Centre**  
[arl@petfoodproject.org](mailto:arl@petfoodproject.org)

### **Community Stores/Social Supermarkets**

#### **Social Supermarket - St Paul's Church**

Church Crescent, Seacombe, Wirral, CH44 7AY  
0151 528 5777  
[stpauls@seacombe-parish.com](mailto:stpauls@seacombe-parish.com)

**Open Thursday and Friday 2 pm to 4 pm and  
Sunday 12.15pm to 1 pm**

#### **Social Supermarket**

Hoole Road, Woodchurch, Wirral, CH49 8EG  
0151 522 0738  
[carrbridgemakeithappen@gmail.com](mailto:carrbridgemakeithappen@gmail.com)

**Open Monday, Tuesday, Thursday and Friday  
1 pm to 3 pm**

#### **Fed Up Wallasey**

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

0151 604 0374

[sandbrookcommunity@hotmail.com](mailto:sandbrookcommunity@hotmail.com)

**Open Monday 2 pm to 3 pm**

**Thursdays 3.30pm to 4.30 pm**

#### **Fed Up Wallasey**

Egremont Community Centre, Old Mission  
Building, Guildford Street, Egremont, Wirral,  
CH44 0BP

0151 639 4441

[Egremontcommunitycentre2023@gmail.com](mailto:Egremontcommunitycentre2023@gmail.com)

**Open Monday to Friday 10 am to 2 pm**

#### **Social Supermarket - Fed Up Wallasey**

Charlotte's Brightside, New Brighton  
Community Centre, 1A Hope Street, New  
Brighton, Wirral CH45 2LN  
0151 630 2626

[charlottesbrightside2011@gmail.com](mailto:charlottesbrightside2011@gmail.com)

**Open Monday and Tuesday 12 pm to 3pm  
Thursday 9 am to 1 pm**

#### **Social Supermarket - Shaftesbury Youth Club**

60 Mendip Road, Tranmere, CH42 8NU  
07933 970 964/ 0151 608 7165  
[michellenaylor@shaftes.org.uk](mailto:michellenaylor@shaftes.org.uk)

**Open Monday to Friday 9.30 am to 4 pm**

#### **Social Supermarket - Make It Happen in Birkenhead**

72-74 Market Street, Birkenhead, CH41 5BT  
07875 692142/0151 306 4840  
[info@makeithappenbirkenhead.co.uk](mailto:info@makeithappenbirkenhead.co.uk)

**Open Monday to Friday from 9 am to 5 pm  
Saturday from 9.30 am to 1.30 pm**

#### **Social Supermarket - Fed Up Wallasey - Leasowe Community Centre**

Twickenham Drive, Leasowe, Wirral, CH46 1PF  
0151 691 1595  
[fedup@wirraldt.org.uk](mailto:fedup@wirraldt.org.uk)

**Open Monday, Wednesday and Friday  
9 am to 3 pm**

#### **Social Supermarket - The Core Project Bidston Rise**

29 Clover Drive, Bidston, Wirral, CH41 7DZ  
[corebirkenhead@outlook.com](mailto:corebirkenhead@outlook.com)

**Open Friday 11.30 am to 2.30 pm**

# Food Support Services in Wirral



## **Social Supermarket - Community Spirit Wirral**

Community Food, 71 Mill Lane, Wallasey,  
Wirral, CH44 5UB  
07498 180066  
mandyleeupton@gmail.com

**Open Monday to Saturday 10 am to 4 pm**

## **Social Supermarket - Break the Mould**

St Peter's RC Church, St Peter's Way, Prenton,  
Birkenhead, CH43 9QR  
07584420917  
info@breakthemould.org.uk

**Open Monday to Friday 9.30 am to 2.30 pm  
(Tuesday and Friday from 10.30 am)**

## **Social Supermarket - Neo Community**

Beaconsfield Community House, Rock Ferry,  
Birkenhead, CH42 3YN  
0151 647 5981  
info@neocommunity.org.uk

**Open Monday, Tuesday and Wednesday  
12 am to 3 pm**

**Friday from 12 pm to 2 pm and 4 pm to 6 pm  
Saturdays 11 am to 1 pm**

## **Social Supermarket - The Gate**

Gateway Church, Woodchurch Road,  
Woodchurch, Birkenhead, Wirral, CH41 2UF  
07838 155828  
thegate@gatewaywirral.com

**Open Monday to Friday 9 am to 11 am**

## **Social Supermarket - Bargain Bags**

397 Poulton Road, Seacombe, CH44 9DE  
07869214776  
info@citcuk.org.uk

**Open Monday to Friday 10 am to 12.30 pm**

## **Inspire Community Cafe**

The Spire, Breck Road, Wallasey, Wirral CH44  
3BD

**0151 639 4918**

**inspirecommunitycafe@yahoo.com**

## **The Port Grocery**

Ellesmere Port, CH65 9BE, UK

**0151 356 8200**

## **Grow Wellbeing**

Boundary Rd, Birkenhead, Prenton, CH43 7PD

**<https://www.grow-wellbeing.com/>**

# Furniture Support in Wirral



## Council Support

### **Apply for emergency financial support with welfare needs**

Financial support for individuals and families in crisis due to an emergency or disaster may be available from Wirral Council. This may include help for those leaving a care home, prison, hospital or similar, to become established in the community.

You must be:

- aged 16 or over
- a Wirral resident or intending to be (that is, has accommodation secured)
- requiring support to address your own essential needs or the needs of their dependant(s)
- able to demonstrate that you are unable to access any other timely resource or other ways of meeting this need which are considered reasonable
- able to demonstrate that your health and safety, and that of your dependant(s), would be adversely affected if an award was not made

### **Discretionary Support Scheme**

Help with household items

Emergency financial support may be available from Wirral Council for individuals and families who meet the above criteria and who need help with household items such as: white goods; essential furniture and kitchen items; bedding and clothing.

**To find out more visit**

<https://my.wirral.gov.uk/service/>

### **Recipro (UK) Ltd**

Work with suppliers and contractors, who donate unwanted, materials to sell on at low cost.

Unit 2 Britannia House, Dock Road, CH41 1DF

**0151 639 0651**

## **Facebook Groups**

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

These include:

**People Help The People (Liverpool), Liverpool FREEcycle, Everything's free Liverpool**

## Resources

### **Reuse Network**

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

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

### **Second Hand Furniture Websites**

Facebook Market Place and Groups

Gumtree, FreeCycle, Pre-Loved, Freeads, VivaStreet, Freegal

## Charities

### **Glasspool Trust**

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

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

### **Buttle UK**

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

<https://buttleuk.org/apply-for-a-grant/>

### **Family Fund**

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

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

# Furniture Support in Wirral



## Charity Shops

### **Age UK Wirral**

3 Vittoria St, Birkenhead CH41 3LQ  
0151 647 7329

**Open Monday to Saturday 9 am to 4.30 pm**

### **Wirral Hospice Stores**

All stores Open Monday to Saturday 9 am to 4.30 pm

### **Bebington**

Teehey Lane, Bebington CH63 8QT  
**0151 332 3505**

### **Birkenhead**

6 St John's Pavement, Grange Precinct, CH41 2YB  
**0151 345 6638**

### **Bromborough**

148 Allport Road, Bromborough CH62 4BB  
**0151 203 8468**

### **Bromborough Croft Showroom**

Unit 4 Croft Trade Park, Welton Road, CH62 3PQ  
**0151 334 2558**

### **Cloughton**

64 Upton Road, Cloughton CH41 0DH  
**0151 652 5621**

### **Heswall**

254 Telegraph Road, Heswall CH60 7SG  
**0151 342 6030**

### **Heswall**

254 Telegraph Road, Heswall CH60 7SG  
0151 342 6030

### **Liscard**

24-30 Liscard Way, Liscard CH44 5TP  
**0151 638 1005**

### **Moreton**

268 Hoylake Road, Moreton CH46 6AF  
**0151 604 0171**

### **New Brighton**

118 Victoria Road, New Brighton CH45 2JF  
**0151 639 2531**

### **West Kirby**

12 Banks Road, West Kirby CH48 4HB  
**0151 625 2917**

### **British Heart Foundation**

Birkenhead Home Store, Unit 3, 178 Grange Road, CH41 6EA  
0151 515 7010

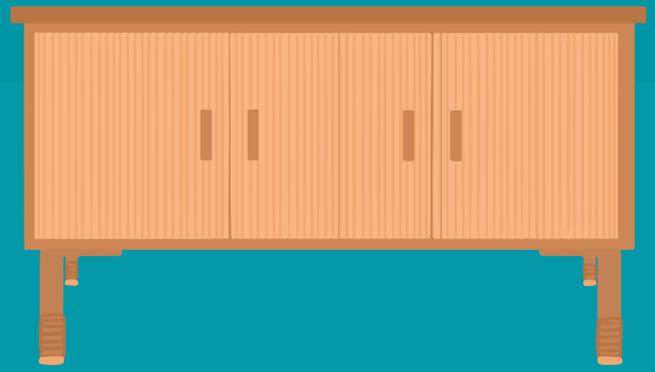
**Open Monday to Saturday 9.30 to 5 pm and  
Sunday 10 am to 4 pm**

### **Roy Castle Furniture Store**

25 Pensby Road, Heswall, CH60 7RA  
0151 342 7043

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

# Furniture Support in Wirral



## **Claire House Children's Hospice Stores Bromborough**

16 The Precinct, Bromborough, CH62 7AD  
0151 334 0512

**Open Monday to Saturday 9am to 5 pm**

## **Ellesmere Port**

5 Mercer Walk, The Port arcades shopping  
Centre. CH65 0AP  
0151 356 4040

**Open Monday to Saturday 9am to 5 pm**

## **Heswall**

155 Telegraph Road, Heswall, CH60 7SE  
0151 342 4287

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

## **Liscard**

7 Coronation Buildings, Wallasey Road,  
CH45 4NE  
0151 639 0480

**Open Monday to Saturday 9am to 5 pm**

## **Hospice of the good Shepherd**

### **Ellesmere Port Shop**

5 Rivington Road, Ellesmere Port, CH65 0AW  
0151 357 1209

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

## **Neston Shop**

10 High Street, Neston, Wirral, CH64 9TY  
0151 353 0301

**Open Tuesday to Saturday 10 am to 4.30 pm**

## **The Besom**

Christian organisation that can provide furniture,  
kitchen equipment, bed linen and much more.  
Referrals can be made by contacting local  
support agencies.

**[www.besominwirral.co.uk](http://www.besominwirral.co.uk)**

## **Charities**

### **Glasspool Trust**

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

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

### **Buttle UK**

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

**<https://buttleuk.org/apply-for-a-grant/>**

### **Family Fund**

Helping vulnerable children and young people up  
to the age of 18 who are experiencing a crisis or  
emergency. They provide essential furniture  
items and they accept direct applications.

**<https://www.familyfund.org.uk/>**

# Cost of Living Support in Wirral



## Council Support

### **Discretionary Housing Payment Scheme**

The Discretionary Housing Payment scheme is for people struggling to pay rent or other housing costs. You must already receive Housing Benefit or Universal Credit.

These payments give short-term help with rent for tenants in financial hardship. The fund for these payments is limited. Demand often exceeds the available fund each year.

**Discretionary Housing Payments are payments that can be made in addition to main Housing Benefit or Universal Credit if housing costs are paid**

## Libraries

### **Bebington Central Library**

Civic Way, Bebington, Wirral, CH63 7PN  
0151 666 4192

Open Monday to Saturday 9am to 1pm and 2pm to 5pm

### **Birkenhead Central Library**

Borough Road, Birkenhead, Wirral, CH41 2XB  
0151 606 2114

**Open Monday to Saturday 9am to 1pm and 2pm to 5pm (Tuesday and Thursday until 7pm)**

### **Eastham Library**

Mill Park Drive, Eastham, Wirral, CH62 9AN  
0151 666 5283

**Open Tuesday to Friday 9 am to 1 pm and 2 pm to 5 pm and Saturday 9 am to 1 pm**

### **Community Partner Library - Leasowe Library**

Millennium Centre, Twickenham Drive, CH46 1PQ  
0151 638 9599

**Open Monday to Friday 10 am to 4 pm**

### **Moreton Library**

Moreton Library, Pasture Road, Moreton, CH46 8SA  
0151 666 4884

**Open Tuesday to Friday 9 am to 1 pm and 2 pm to 5 pm and Saturday 9 am to 1 pm**

### **Rock Ferry Library**

259 Old Chester Road, Rock Ferry, CH42 3TD  
0151 606 2858

**Open Monday to Thursday 9 am to 1 pm and 2 pm to 5 pm and Saturday 9 am to 1 pm**

### **Upton Library**

Ford Road, Upton, CH49 0TB  
0151 677 5677

**Open Monday to Thursday 9 am to 1 pm and 2 pm to 5 pm and Saturday 9 am to 1 pm**

### **St James Library**

St James Centre, Laird Street, Birkenhead, CH41 7AL  
0151 670 9974

**Open Monday to Friday 10 am to 4 pm**

### **Seacombe Library**

St Paul's Road, Seacombe, Wallasey, CH44 7AN  
0151 606 2665

**Open Tuesday and Thursday 9 am to 1 pm and 2 pm to 5pm**

### **Wallasey Central Library**

Earlston Road, Wallasey, CH45 5DX  
0151 639 2334

**Open Monday to Saturday 9am to 1pm and 2pm to 5pm (Tuesday and Thursday until 7pm)**

## **Employment Support**

### **Households into Work**

Households into Work is a programme to help people find work and supporting people to get to a point where they start to think about work as a realistic option. They support long-term unemployed people who have difficulty finding and sustaining employment due to a range of issues, including financial crises, mental health problems, the risk of eviction or homelessness, domestic abuse, social isolation or chronic health issues.

**0151 330 1005**

**hiw@liverpoolcityregion-ca.gov.uk**

### **Wirral Ways To Work Programme**

The Wirral Ways to Work Programme supports eligible workless young people and adults to move into education, employment and training. Wirral Ways to Work offers four different services aimed at different groups of people. 56-58 Argyle Street, Birkenhead, Wirral, CH41 6AF

**0151 556 2620 wirral@careerconnect.org.uk**

### **Wirral Worklessness Support Service**

This service is aimed at adults aged 16-years-plus. It provides specialist job coaches who will support you into sustainable employment, including self-employment, on a one-to-one basis. Involve Northwest delivers the service with more than 20 weekly work clubs in community venues throughout Wirral.

The Lauries Centre, 142 Claughton Road  
Birkenhead, CH41 6EY

**0151 644 4500**

### **Wirral Careers Information Advice and Guidance service**

This service is for eligible young people not in employment, education or training. It aims to raise the aspirations of young people and support you into employment or learning. Career Connect delivers the service, providing face to

face guidance as well as telephone support and online access to services.

**0151 556 2620 wirral@careerconnect.org.uk**

### **PLUSS Employment Support**

Pluss supports thousands of people with disabilities and other disadvantages move into employment each year.

**0800 334 5525**

**employment.bureau@pluss.org.uk**

### **Employment Team - Wirral Change**

The service provides tailored employment advice, but also caring, positive one-to-one culturally sensitive support, which helps tackle employment issues to ensure the empowerment of our community.

They offer one-to-one tailored support with: CV development, job searching and access to training opportunities to improve employability prospects. The team also support benefit issues and appeals, NI registration, housing issues and referrals for immigration advice.

Saint Laurence Close, Birkenhead, CH41 3JD

**0151 649 8177 info@wirralchange.org.uk**

## **Credit Unions**

### **Wirral Credit Union**

403 Poulton Road, Wallasey, Wirral, CH44 4DF

**0151 638 4332**

### **WCU Birkenhead Branch**

114 Laird Street, Birkenhead, CH41 8EN

**0151 201 1051**

**info@wirralcu.org.uk**

**www.wirralcu.org.uk**

### **Central Liverpool Credit Union**

141 Park Street, Liverpool, L8 6QF

centralcu.co.uk

**0151 708 5515 enquiries@clcu.co.uk**

### **Partners Credit Union**

2nd Floor, LCVS, 151 Dale Street, L2 2AH

partnerscreditunion.co.uk

**0151 258 1014**

**enquiries@partnerscreditunion.co.uk**

# Welcoming Spaces in Wirral



## Libraries

### **Bebington Central Library**

**Civic Way, Bebington, Wirral, CH63 7PN  
0151 666 4192**

**Open Monday to Saturday 9am to 1pm and  
2pm to 5pm**

### **Birkenhead Central Library**

**Borough Road, Birkenhead, Wirral, CH41 2XB  
0151 606 2114**

**Open Monday to Saturday 9am to 1pm and  
2pm to 5pm (Tuesday and Thursday until  
7pm)**

### **Eastham Library**

**Mill Park Drive, Eastham, Wirral, CH62 9AN  
0151 666 5283**

**Open Tuesday to Friday 9 am to 1 pm and 2  
pm to 5 pm and Saturday 9 am to 1 pm**

### **Community Partner Library - Leasowe Library**

**Millennium Centre, Twickenham Drive, CH46  
1PQ  
0151 638 9599**

**Open Monday to Friday 10 am to 4 pm**

### **Moreton Library**

**Pasture Road, Moreton, CH46 8SA  
0151 666 4884**

**Open Tuesday to Friday 9 am to 1 pm and 2  
pm to 5 pm and Saturday 9 am to 1 pm**

### **Rock Ferry Library**

**259 Old Chester Road, Rock Ferry, CH42 3TD  
0151 606 2858**

**Open Monday to Thursday 9 am to 1 pm and  
2 pm to 5 pm and Saturday 9 am to 1 pm**

### **Upton Library**

**Ford Road, Upton, CH49 0TB  
0151 677 5677**

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2 pm to 5 pm and Saturday 9 am to 1 pm**

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0151 606 2665**

**Open Tuesday and Thursday 9 am to 1 pm and  
2 pm to 5pm**

### **Wallasey Central Library**

**Earlston Road, Wallasey, CH45 5DX  
0151 639 2334**

**Open Monday to Saturday 9am to 1pm and 2pm to  
5pm (Tuesday and Thursday until 7pm)**

### **Moreton Methodist Church**

**Pasture Road, Moreton, Wirral, CH46 7TQ  
0151 678 9339 lyn1peter1@hotmail.co.uk**

**Wednesday 9 am to 2 pm**

### **St James Garden**

**192 and 194 Tollemache Road CH41  
0151 639 2121 wen@la21.net**

**Wednesday 10 am to 1 pm**

### **Warm Hub - Moreton Baptist Church**

**326 Hoylake Road, Moreton, Wirral, CH46 6DF  
0151 677 7902**

**heretohelp@moretonbaptistchurch.org.uk**

**Wednesday 1 pm to 2 pm and Fridays 9 am to 11 am  
(term time only)**

# Digital Inclusion Support in Wirral



## Libraries

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0151 666 4192

Open Monday to Saturday 9am to 1pm and  
2pm to 5pm

### **Birkenhead Central Library**

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7pm)

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0151 666 5283

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Open Monday to Friday 10 am to 4 pm

### **Moreton Library**

Pasture Road, Moreton, CH46 8SA  
0151 666 4884

Open Tuesday to Friday 9 am to 1 pm and 2  
pm to 5 pm and Saturday 9 am to 1 pm

### **Rock Ferry Library**

259 Old Chester Road, Rock Ferry, CH42 3TD  
0151 606 2858

Open Monday to Thursday 9 am to 1 pm and  
2 pm to 5 pm and Saturday 9 am to 1 pm

### **Upton Library**

Ford Road, Upton, CH49 0TB  
0151 677 5677

Open Monday to Thursday 9 am to 1 pm and  
2 pm to 5 pm and Saturday 9 am to 1 pm

### **St James Library**

St James Centre, Laird Street, Birkenhead, CH41 7AL  
0151 670 9974

Open Monday to Friday 10 am to 4 pm

### **Seacombe Library**

St Paul's Road, Seacombe, Wallasey, CH44 7AN  
0151 606 2665

Open Tuesday and Thursday 9 am to 1 pm and  
2 pm to 5pm

### **Wallasey Central Library**

Earlston Road, Wallasey, CH45 5DX  
0151 639 2334

Open Monday to Saturday 9am to 1pm and 2pm to  
5pm (Tuesday and Thursday until 7pm)

### **Age UK Wirral**

Age UK have several groups delivering IT Support and  
training across Wirral.

**Mariners Park**, Royden Avenue, CH44 0HN

**Christ the King Church**, CH41 4JF

**Heart of Egremount**, Old Guilford Street, CH440BP

**Tomorrows Women**, Beckwith Street, CH413JE

**Wirral Mind**, 90-92 Chester Road, CH415DL

**Neo Community**, Beaconsfield Community House,  
CH42 3YN

**Christ Church, Kings Road**, 112 Church Road, CH63  
3EE

**Bromborough Evangelical Church**, Croft Lane,  
CH622DA

To find out more contact 0151 482 3456

# Digital Inclusion Support in Wirral



## **Resilient (NW) CIC**

Bespoke and tailor made training for young people with additional support needs.

118 Liscard Road , CH44 5TN

**To find out more contact 07878907591**

## **Energy Project Plus**

Falklands Road, Wirral, CH4 48ER

**To find out more contact 0800 043 0151**

## **Amber Button Community CIC**

Adults aged 19+

3 Kelvinside , CH44 7JY

**To find out more contact 07727102956**

## **Gautby Road Play, Youth & Community Centre**

69 Gautby Road, CH41 7DS

**To find out more contact 0151 652 5645**

## **Wirral Change**

12-14 St Laurence Drive, CH41 3JD

**To find out more contact 0151 649 8177**

## **Wirral Lifelong Learning Service**

Lauries Birkenhead, CH41 6EY

Royal Standard House, 330-334 New Chester Rd, CH42 1LE

Byrne Ave Baths, CH42 4PQ

Bebington Road, CH637NX

**To find out more contact 0151 666 3330**

## **Wirral Multicultural Organisation**

111 Conway Street. Birkenhead CH41 4AF

**0151 792 5116**

## **The Hive, Wirral Youth Zone**

Bright Street, Wirral, CH41 4EA

**To find out more contact 0151 705 8000**

## **Make IT Happen Birkenhead**

POC, 34 Argyle Street, CH416AE

**To find out more contact 0151 306 4840**

## **Wirral Mencap**

Supporting adults with a learning disability

42-44 Market Street , CH41 5BT

**To find out more contact 0151 666 1829**

## **Spider Project**

56 Hamilton Street, Birkenhead, CH41 5A8

**To find out more contact 0151 647 7723**

## **The Positivitree Ltd**

Vale House Community Centre, CH45 1LZ

**To find out more contact 07877 782 826**

## **Involve Northwest**

3 Abbey Close, Birkenhead CH415FQ

**0151 644 4500**

## **Wirral Ways**

84 Market Street, CH41 6HB

**To find out more contact 0151 556 1335**

## **Crea8ting Communities**

Rideview Road, Prenton, CH43 9HG

**To find out more contact 0151 345 5836**

## **Shaftesbury YC**

60 Mendip Road, Birkenhead, CH42 8NU

**To find out more contact 0151 608 7165**

## **Citizens Advice Wirral**

237-243 Liscard Road, CH44 5TH

Haymarket Court, CH415BX

**To find out more contact 07801569064**

## **Our Happy Hub**

St Andrews Church, Moorfields Avenue, CH43 9YU

**07411316236**

# Riverside

## Youth Provision in Wirral



### Children's Centres

Wirral's Children's Centres are warm and welcoming environments where parents, carers and their children under the age of 5 years can access a range of Early Help support services; this support is available both universally (e.g. drop-in play sessions or general advice) or is targeted for families who may need a little more support at a challenging time in their lives.

### Wirral's Family Hubs

Family Hubs are spaces where families can easily access a wide range of non-judgemental support to help them live well in Wirral. They bring together maternity services, health visitors, library and foodbank services and children's centre activities.

Wirral's Family Hubs make services easier to navigate and more joined-up, ensuring families receive the right service at the right time. They provide:

- a 'one stop shop' style of support to build connections and strengthen relationships
- a service for families with children aged 0-19 (up to age 25 with SEND)
- provide information and support to adults in those families, for example, women's health issues, advice on lifelong learning and employment
- a space for parents and carers to meet each other attend group sessions

### Seacombe Family Hub

St Paul's Road, Seacombe, Wirral, CH44 7AN  
0151 666 3506

**Open Monday to Friday 9 am to 5 pm**

### Brassey Gardens Family Hub and Rock Ferry Children's Centres

Brassey Gardens Family Hub, 2 Brassey Street  
Birkenhead, CH41 8DA  
0151 666 3323

**Open Monday to Friday 9 am to 5 pm**

### Bromborough Children's Centre

Gratrix Road, Bromborough, Wirral, CH62 7BW  
0151 666 3246  
westwirralcc@wirral.gov.uk

**Open Monday to Friday 9 am to 5 pm**

### Support Services and Groups

#### YPAS Young People Advisory Service

YPAS offers a wide range of support, wellbeing and therapeutic services for children, young people and families in Merseyside.

YPAS North Hub, Croxdale Road West, Liverpool, L14 8YA

**0151 305 2040 support@ypas.org.uk**

#### Muslim Youth Helpline (MYH)

**0808 808 2008 [help@myh.org.uk](mailto:help@myh.org.uk)**

#### Virtual KEEN

Inclusive online activities for young people  
**<https://www.keenuk.org/virtualkeen>**

# Youth Provision in Wirral



## Youth Matters Wirral

The Youth Matters team provides early help through a wide range of targeted youth support and play activities to meet the needs and aspirations of Wirral children aged 6-19 years. The team work to build futures and shape the lives of those young people in Wirral in need of support.

Through their work they aim to raise awareness, build confidence, promote resilience and support young people into adulthood.

Staff build trusted relationships with young people to let them know that they don't have to face any problems alone.

Youth Matters deliver a range of services to help young people, including:

- Drug and Alcohol advice and support
- Counselling
- Detached Youth Work
- Youth Hubs and Clubs
- Play Schemes
- Health Services in Schools
- Creative Youth Development
- Participation and Engagement through a range of projects

The Youth Matters approach is friendly and flexible to ensure that wherever possible, young people get the 'right' service at the 'right time'.

**For more information on any of the services you can email [youthmatters@wirral.gov.uk](mailto:youthmatters@wirral.gov.uk)**

## Wirral Youth Spaces - Neighbourhood Youth Provision

The Neighbourhood youth provision offers a range of activities for young people aged 11 to 19 years (20-25 for young people with disabilities) across Wirral. Youth workers provide a safe space for young people to be themselves meet and socialise with friends and participate in positive activities to learn, develop, grow, have a voice and be inspired whilst having fun.

### Eastham Youth Space

St. Anselmians Rugby Club, Eastham Village Rd, Eastham, Wirral CH62 0AN  
[amienolan@wirral.gov.uk](mailto:amienolan@wirral.gov.uk)

**Open Tuesday, Thursday, Friday 6 pm to 8.30pm**

### Liscard Youth Space

Wallasey Fire Station, Mill Lane, CH44 5UE  
[darronwright@wirral.gov.uk](mailto:darronwright@wirral.gov.uk)  
07391738115

**Open Wednesday and Friday 6 pm to 8.30 pm and Thursday 7 pm to 9.30 pm**

### Moreton Youth Space

Moreton Family Centre, Pasture Road, CH46 8HA  
[christinemarchant@wirral.gov.uk](mailto:christinemarchant@wirral.gov.uk)  
07796613922

**Open Monday to Wednesday 7 pm to 10 pm**

### New Brighton Youth Space

[TimEdwards@wirral.gov.uk](mailto:TimEdwards@wirral.gov.uk)

**Open Tuesday to Thursday 6 pm to 9 pm**

### Woodchurch Youth Space

Neighbourhood Youth Worker: Moira Bridge  
[moirabridge@wirral.gov.uk](mailto:moirabridge@wirral.gov.uk)

**Open Monday, Thursday, Friday 6.30 pm to 9.30 pm**

# Youth Provision in Wirral



## **New Ferry Youth Space**

Cornwell Close, New Ferry, CH62 1BG (temp. venue  
New Ferry Village Hall)

[lynnegordon@wirral.gov.uk](mailto:lynnegordon@wirral.gov.uk)

07859938154

**Open Monday and Wednesday 6 pm to 8.30pm**

## **West Kirby Youth Space**

The Concourse, Grange Road, CH48 4HX

[mariamodena@wirral.gov.uk](mailto:mariamodena@wirral.gov.uk)

[johannebretherton@wirral.gov.uk](mailto:johannebretherton@wirral.gov.uk)

0791 921 0485

**Open Tuesday, Wednesday, Thursday 7pm to 10 pm**

## **Clubs and Organisations**

### **The Hive**

The Hive deliver a timetable of activities supporting Young People in the community.

Wirral Youth Zone, Bright Street, CH41 4EA

0151 705 8000

[enquiries@thehiveyouthzone.org](mailto:enquiries@thehiveyouthzone.org)

**To find out more visit**

**[www.thehiveyouthzone.org](http://www.thehiveyouthzone.org)**

### **Hype Youth Clubs**

HYPE's year round Youth Clubs reach the heart of the community using local community centres as their base to reach more young people each year.

#### **Hype Central Park Hub**

109 Liscard Road, Wallasey CH44 9AE

#### **Beechwood Hub**

18 Beechwood Drive, Birkenhead CH43 7ZU

#### **Courtnet Park**

10 Courtney Rd, Birkenhead CH42 1QS

**Operational Hub** - Grand Entrance South Lodge,  
Birkenhead Park, Park Road North, CH41 4HD

**0151 653 7024**

**[enquiries@hype-merseyside.co.uk](mailto:enquiries@hype-merseyside.co.uk)**

## **Family Club - Neo Community**

Beaconsfield Community House, Rock Ferry,  
Wirral, CH42 3YN

**0151 647 5981**

**[info@neocommunity.org.uk](mailto:info@neocommunity.org.uk)**

## **Ferries Family Groups**

Support families across Wirral struggling to cope with the stresses of life to feel supported and empowered. When we experience support, it improves family life for us and our children, helping them move towards a more positive future.

### **Creative Warm Hub**

Community Village, Units 2 - 4, 330/334 New  
Chester Road, Rock Ferry, CH42 1LE.

0151 345 6920

[office@ferriesfamilygroups.org.uk](mailto:office@ferriesfamilygroups.org.uk)

**Open Thursday (Term Time) 9 am to 4 pm**

## **Cornerstone Church - Toddler Group**

216 Bebington Road, Bebington, CH63 7NY

**Open Tuesdays 10.15 am**

## **Citywide Organisations**

### **Autism in Motion**

St Georges hub, Waresley crescent L9 6BW

**[aimautism@hotmail.com](mailto:aimautism@hotmail.com)**

### **Al-Ghazali Centre: 'Youth Mental Health Support Programme'**

Mental health workshops and activities for young people aged 12 to 18 years.

Addressing mental health promotion in youth outside of educational settings

35 Earle Road Liverpool L7 6HA

**0151 734 3843 [info@alghazalicentre.co.uk](mailto:info@alghazalicentre.co.uk)**

# Youth Provision in Wirral



## Citywide Organisations

### **Autism Adventures Training CIC: 'My Mental Health- What's OK?'**

Project aimed at people with autism to improve understanding of and break down barriers to mental health, as well as providing tools and strategies to manage emotions and feelings. Addressing mental health promotion in youth outside of educational setting, financial insecurity, debt and loneliness.  
**info@liverpoolautismadventures.co.uk**

### **ADDvanced Solutions**

ADDvanced Solutions Community Network encourages, equips and empowers children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.  
**0151 486 1788**  
**info@advancedsolutions.co.uk**

### **The Mix**

Essential support for Under 25's, 365 days a year, for absolutely anything you're going through. You can contact them by phone, email or web chat. They also have an app. The website provides information and support for several mental health issues. **0808 808 4994**

### **Imagine If Trust: 'The Zone Youth Hub'**

Fun, safe and active sessions for primary school aged children, providing a stimulating environment where children can thrive and grow in confidence.  
147 Lawrence Road, Liverpool, L15 3HA  
**info@imagineiftrust.org**

### **Priority Youth Project: 'Priority Youth Counselling Support Programme'**

A 1-1 counselling service for children and young people aged 8-19 years.  
St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA  
**07523 650 956** **hello@priorityyouth.co.uk**

## National Services

### **National Citizenship Service**

Delivers a range of experiences for young people across the UK. <https://wearencs.com/>  
**0800 197 8010**

### **Duke of Edinburgh**

Delivers a range of experiences for young people across the UK. **www.dofe.org**

### **Rise Above**

Website containing interesting and useful stuff from the web and beyond to get young people talking about all the things that matter. You'll find inspiring and useful stories, videos, games and advice. Includes information on self help, confidence and stress. **<https://riseabove.org.uk/>**

### **Mako Create**

Mako Create provide the young people with the opportunity to participate in a variety of workshops involving digital arts and technology.  
**0151 345 1419** **hello@makocreate.co.uk**

# Riverside

## Family Support in Wirral



### **CAMHS**

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

**01928 568 162**

### **CAMHS Crisis line**

**CRISIS LINE: 01744 415 640**

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

### **Wirral CAMHS**

The 0-18 Wirral CAMHS team is a community based specialist service providing mental health assessments and evidence based psychological treatments for children and young people with moderate to severe mental health difficulties, which is where mental health difficulties are having a significant impact upon day to day functioning.

### **Hatch**

Hatch is service for young people aged 8-16yrs, delivered by Utopia Project. They provide a range of programmes to improve your mental health and emotional wellbeing, in a relatable and non-clinical way.

These include;

- 1-1 mental health & wellbeing support via our three tailored interventions; Bazaar, Primal & hatch Wellbeing sessions
- hatch youth club
- Half term activities

Trinity Chambers, Ivy Street, CH41 4EF

**To find out more visit:**

**[www.hatchmerseyside.co.uk/about/](http://www.hatchmerseyside.co.uk/about/)**

### **For support during the school holidays**

#### **MPAC**

MPAC have a list of organisations that deliver food support and activities during the school holidays. To find out more visit:

**<https://merseyplay.com/summer-haf-holiday-activities-food-2023/>**

### **Period and Hygiene Product Support**

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

#### **Bloody Good Period -**

[hello@bloodygoodperiod.com](mailto:hello@bloodygoodperiod.com)

#### **Morrisons - Package for Sandy**

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

**Freedom4Girls** - provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

**<https://www.freedom4girls.co.uk/request-products/>**

**The Trussell Trust** - Search the Trussell trust website to find your local centre.

**<https://www.trusselltrust.org/>**

**For additional family support services please download our National Support Directory**



# Riverside Older People Support in Wirral



**Age UK Advice Line** - 0800 678 1602

## **Tax Help for Older People**

01308 488066 [taxvol@taxvol.org.uk](mailto:taxvol@taxvol.org.uk)

**Dementia UK** - 0800 888 6678

## **Re-engage**

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

**0800 716543**

**The Silver Line** - 0800 4 70 80 90

## **Friends of the Elderly**

Grants to older people living on low incomes.

**0330 332 1110** [hello@fote.org.uk](mailto:hello@fote.org.uk)

## **Omega (befriending service for caregivers / carers)**

Chatterbox Action Against Loneliness telephone chat

**01743 245088** [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net)

A Letter from Louise pen pal befriending

**01743 245 088**

[aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net)

## **Merseyside Fire & Rescue Services: Home Fire Safety Checks**

If you live in Merseyside, you can phone **0800 731 5958** for **free** fire safety advice or to request a Home Fire Safety Check visit

## **Merseyside Dementia Friendly Radio**

Independent, online radio station that is run in collaboration with and for the benefit of those who live in the Merseyside area whose lives are affected by dementia. [vianat@mdfr.co.uk](mailto:vianat@mdfr.co.uk)

**07768 139708** [nat@mdfr.co.uk](mailto:nat@mdfr.co.uk)

## **City Wide Support**

### **Liverpool Cares**

Liverpool Cares is a community network of younger and older neighbours hanging out and helping one another in our rapidly changing city.

Liverpool Cares,

Studio D, Baltic Creative, 49 Jamaica Street, Liverpool, L1 0AH

**0151 659 1789** [liverpoolcares.org.uk](http://liverpoolcares.org.uk)

### **The Brain Charity**

Helping people with all forms of neurological conditions to lead longer, healthier, happier lives  
Norton Street, Liverpool, L3 8LR

**0151 298 2999**

### **Bradbury Fields**

services for Blind and Partially Sighted People  
The Bradbury Centre, Youens Way, Liverpool, L14 2EP.

**0151 221 0888 ext 214**

### **Local Solutions**

Liverpool Carers Centre delivers a city wide community based programme of activities and training that ensures a range of support is available to unpaid carers in Liverpool

**0151 705 2307**

[healthandwellbeing@localsolutions.org.uk](mailto:healthandwellbeing@localsolutions.org.uk)

### **AbilityNet**

Free computer support to disabled people and older people, provided by volunteers.

**0800 048 7462** [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)

# Older People Support in Wirral



## Community groups and activities

### **Older People's Hubs - Wirral Older People's Parliament at Charlotte's Brightside**

Wirral Older People's Parliament is a voluntary organisation working to inform, signpost and support over 55's living in Wirral. They provide information on housing, benefits, health services, local issues and crime and respect. They deliver a number of activities across the Wirral each week.

**For more information contact Julie - 07587167098/ julie@wirralopp.co.uk**

Charlotte's Brightside, New Brighton Community Centre, 1A Hope Street, New Brighton, Wirral CH45 2LN

**Monday 10 am to 4 pm and Tuesday 1 pm to 3 pm**

\*they also run a coffee club the last Friday of the month from 2pm to 4 pm

Cherry Tree Shopping Centre, 6-8 Cherry Square, Liscard, Wallasey, Wirral CH44 5XU

**Wednesday 10 am to 4 pm**

Wirral Advice Centre, St Anne Street, Birkenhead, Wirral CH41 3JU

**Thursday 10 am to 4 pm**

### **Young at Heart - St John the Baptist - Meols**

Young at Heart is held at St John the Baptist in Meols every second Monday of the month. It is a great warm space where they run a range of activities including games and jigsaws they also help to support people to learn IT skills and get online.

St John the Baptist, Birkenhead Road, CH47 6AU  
**0151 632 1661 grossiter1956@outlook.com**

### **St Barnabas Village Centre**

Deliver weekly activities, contact to find out more.

Church Square, Bromborough, Wirral CH62 7AB  
**0151 334 9503**

### **Happy Times Activities**

Deliver weekly activities, contact to find out more.

15 Yew Tree Road, Moreton, Wirral, CH46 8UA  
0151 641 0716

info@happytimesactivities.co.uk

**Monday to Friday 9 am to 5 pm**

**Saturday -10 am to 1 pm**

### **Cinnamon Trust**

The National Charity for the elderly, the terminally ill and their pets. Support with pets for example, walk a dog every day for a housebound owner, foster pets when owners need hospital care, collect cat food, or clean out the bird cage, etc.

**01736 757 900**

<https://cinnamon.org.uk/contact-us/>

### **Friendship Lunch Club Over 55's - Quirky Life Tree**

Everyone is welcome to join the Friendship Lunch Club each Friday for a 2-course homemade meal. Donation only.

40 Birkenhead Road, Hoylake, CH44 7BX  
0151 632 1370

Thelifetreewirral@gmail.com

**Friday 12 pm to 2 pm**

# Older People Support in Wirral



## Age UK Wirral

Age UK deliver weekly activities across Wirral, a selection of the sessions they run are listed on this page. Before attending these sessions, please contact the Health and Activity team about availability. Many activities will include a small cost contribution.

**To find out more and to see the full list of activities please contact 0151 482 3456 enquiries@ageukwirral.org.uk**

## Computer One 2 One Sessions

Meadowcroft, 304 Spital Road, Bromborough, Wirral CH62 2DE

**0151 482 3456/ enquiries@ageukwirral.org.uk  
Monday 10 am to 2.30 pm**

## Wirral Companionship Cafe

Meadowcroft, 304 Spital Road, Bromborough, Wirral CH62 2DE

**0151 482 3456/ enquiries@ageukwirral.org.uk  
Monday 2 pm to 4 pm**

## The Phoenix Group

Social group for older gay men.

Devonshire Resource Centre Park Road North, Birkenhead, Wirral CH41 0DD

**1st Friday of the Month**

## Goodfellas Film Club

Devonshire Resource Centre Park Road North, Birkenhead, Wirral CH41 0DD

**Second Tuesday of the month 1 pm to 3 pm**

## Walking Football

New Ferry Village Hall, Grove Street, CH62 5AZ

**Monday 10.30 am to 11.30 am**

## Art and Drawing at Barncroft

Meadowcroft, 304 Spital Road, Bromborough, Wirral CH62 2DE

**Thursday 10 am to 12 pm**

## 'Focus' Photography

Devonshire Resource Centre Park Road North, Birkenhead, Wirral CH41 0DD

**Thursday 7 pm to 9.30 pm**

## Wirral Side Walkers (Easy)

Usually on the first Monday of the Month

## Short Health Walks

The last Wednesday of every month

## White Top Walkers

Usually on the third Monday of every month

**\*Contact to find times and meeting places**

## Chiropody

Devonshire Resource Centre, 141 Park Road North, Birkenhead, Wirral CH41 0DD

**Monday 10 am to 11.40 pm**

Meadowcroft, 304 Spital Road, Bromborough, Wirral CH62 2DE

**Tuesday 9.10 am to 12.10 pm**

Larchwood Close, Pensby, Wirral CH61 6YH.

**Thursday 1.45pm to 4 pm**

## Top 2 Toe Exercise

Meadowcroft, 304 Spital Road, CH62 2DE

**Thursday 12 pm to 1 pm**

## Chair Based Exercise - Holy Trinity Church

Holy Trinity Church, Chorley Way, CH63 9LS

**Friday 11 am to 11.45 am**

# Mental Health and Wellbeing Support in Wirral



## City Wide Support Services

### **Liverpool CAMHS (age 0 to 25)**

FRESH Building, Alder Hey Children's Hospital,  
Liverpool, L12 2AP

**0151 293 3662**

**camhs.referrals@alderhey.nhs.uk**

### **Crown Hub**

Crown hub is a day service offering support to adults experiencing mental health issues. This is a short term re enablement service offering support for up to 6 – 10 weeks.

Crown Hub, Crown Street, Liverpool, L7 3LZ

**0151 233 3800**

**Crownhub@liverpool.gov.uk**

### **Change Grow Live (CGL) Integrated Recovery Service.**

Help people experiencing problems with drugs and alcohol in Widnes and Runcorn.

76 High Street, Runcorn. WA7 1AF

Aston Dane Building, Waterloo Road, Widnes.  
WA8 0QR

**0151 422 1400 halton.info@cgl.org.uk**

### **Nightstop**

Safe & secure Emergency Accommodation for vulnerable young people (16-35yrs old). They Also offer Mental Health Support services, Counselling, Anger Management, Mediation and Property pathway support to children and adults.  
194 Warrington road, Widnes. WA8 0AT.

**0151 345 6454**

**info@nightstopcommunitites.co.uk**

### **Priority Youth Project: 'Priority Youth Counselling Support Programme'**

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

Addressing mental health promotion in youth outside of educational setting

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

**07523 650 956 hello@priorityyouth.co.uk**

### **The Comedy Trust: 'Laughter After Loss'**

Workshops, drop-ins and discussion groups to for adults following a bereavement, supporting their journey through the power of laughter.

Royal Court Theatre, 1 Roe Street, L1 1HL

**0151 702 5893 info@thecomedytrust.com**

### **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.

### **Resilience and Wellbeing Course - Be Well Learning**

For more information on courses and support please get in touch.

Flourish Wellbeing Hub, Victoria Central Hospital, Mill Lane, Wirral CH44 5UF

**07594 862719**

**support@bewelllearning.com**

### **Liverpool Bereavement Service Service**

1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF

**0151 236 3932 (9am to 5pm)**

**enquiries@liverpoolbereavement.co.uk**

# Riverside Mental Health and Wellbeing Support in Wirral



## **Counselling - Wirral Mind at Flourish Wellbeing Hub**

The Flourish Wellbeing Hub situated in Wing A, second floor of Victoria Central Hospital offers a drop in service where you can share your issues and get the support you may need, all under one roof. Call to book appointment.

Victoria Central Health Centre, Mill Lane, CH44 5UF  
**0151 512 2200**  
[learning@wirralmind.org.uk](mailto:learning@wirralmind.org.uk)

## **Headspace - Beechwood Community Shop**

Beechwood Community Shop hosts an affordable, warm and welcoming Community Kitchen and Cafe called The Beechwood Community Kitchen. They also offer a 10 week course supporting mental health. Contact for further information.

Manor House, Beechwood Drive, CH43 7ZU  
**07841 048873**  
[julia.jones@community-shop.co.uk](mailto:julia.jones@community-shop.co.uk)

## **PaNDAS Drop-in - PANDAS Wirral at Bromborough Family Hub**

PaNDAS is a community offering peer-to-peer support for you, your family and your network affected by perinatal mental illness.

Bromborough Family Hub, Gratrix Road, CH62 7BW  
0808 1961 776  
[pandaswirral@hotmail.com](mailto:pandaswirral@hotmail.com)  
**Monday 10 am to 11 am**

## **WEB Merseyside**

WEB is a community-based service that supports women, girls, men and boys with complex needs. Supporting with confidence, self-esteem and empowerment on the Wirral.

**0151 653 3771/ [info@webmerseyside.org](mailto:info@webmerseyside.org)**

## **Mind**

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

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

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

**To find support near you visit**

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

## **The Martin Gallier Project**

The Martin Gallier Project is fiercely dedicated to preventing suicides, breaking down stigmas & supporting families in the North West.

57 New Chester Road, New Ferry, CH62 1AB  
0151 644 0294  
[admin@gallierhouse.co.uk](mailto:admin@gallierhouse.co.uk)

**Phone line open Monday to Sunday 9.30 am to 4.30 pm**

# Domestic Abuse Services in Wirral



## **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.

## **Liverpool Support**

### **Merseyside Domestic Violence Services (MDVS)**

PO Box 200, Liverpool, L14 9WU

**07802 722703** [info@mdvs.org](mailto:info@mdvs.org)

### **Local Solutions - Independent Domestic Violence Advisory Service (IDVA)**

**0151 709 0990** [info@localsolutions.org.uk](mailto:info@localsolutions.org.uk)

### **PSS: Domestic abuse support**

**0151 702 5500** [ruby@pss.org.uk](mailto:ruby@pss.org.uk)

### **Liverpool Domestic Abuse Service (LDAS)**

**07923 232327/0800 084 2744 / 0151 263 7474**

### **The Crossing Point - Domestic Abuse Service**

Free Confidential Domestic Abuse Service working with women, men, and young people.

**07731 878076** [info@thecrossingpoint.co.uk](mailto:info@thecrossingpoint.co.uk)

### **Tomorrow's Women Wirral**

Courses, counselling, mentoring and legal support for women who have experienced domestic abuse.

**0151 647 7907**

### **Involve Northwest - 0151 644 1100**

### **Wirral Women and Children's Aid - 0151 643 9766**

# Disability Support in Wirral



## Employment Support

## Government Support

### Access to Work

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

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

## Citywide Support

### The Brain Charity

Norton Street, Liverpool, L3 8LR  
0151 298 2999

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

### Mencap

Mencap Cottage House 6-8 Mariners Road L23 6SX  
<https://yournetwork.mencap.org.uk/group/512>

**0151 707 8582**

### Strawberry Field

Beaconsfield Road, Liverpool L25 6EJ

**0151 252 6130**

### Community Integrated Care

[Information@c-i-c.co.uk](mailto:Information@c-i-c.co.uk)

**Phone: 0800 2218 522**

## Activities and support

### Wirral Society of the Blind and Partially Sighted (WSBPS)

The Wirral Society of the Blind and Partially Sighted work locally supporting people of all age groups living with and coming to terms with sight loss.

Ashville Lodge, Ashville Road, CH41 8AU

**0151 652 8877** [hello@wirralsociety.org.uk](mailto:hello@wirralsociety.org.uk)

**Open Monday Friday 9 am to 4.30 pm**

### Asthma + Lung UK

The UK's leading asthma charity. Offer support and information for people affected by Asthma. Runs a helpline ran by a team of health care advisors and respiratory nurse specialists who can support you with expert asthma advice.

0300 222 5800

[helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

### BSL 999 UK emergency relay service

999 BSL is an emergency VRS service for Deaf BSL users to contact the emergency services through an interpreter.

Available 24/7 through the website, iOS or Android. BSL users can contact the Police, Ambulance, Fire service or Coastguard using this service. For Emergency use only.

How the service works: You use 999 BSL app or Website to make a call to 999, it will go to British Sign Language (BSL) interpreter first, who will appear on the screen. The BSL interpreter will then call the 999 operator through landline and will relay the conversation.

### Deafness Resource Centre

The Deafness Resource Centre provides services that aim to empower, support and enhance the quality of life of D/deaf people in the St Helens, Halton and Knowsley areas.

- Information & Advice
- BSL & Deaf Awareness Training
- Advocacy for Deaf people
- Youth, Children & Families Support Services
- Room Hire & Meeting Facilities
- Interpreting
- Equipment

**01744 23887 (voice) 07722095710 (text)**

# Disability Support in Wirral



## Wirral Evolutions

People centred service for adults with disabilities with locations across the Wirral.

The Grange, Grove Road, Wallasey, CH45 0JA

**0151 637 2030**

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

## Happy Times Activities

15 Yew Tree Road, Moreton, CH46 8UA.

**0151 641 0716**

[info@happytimesactivities.co.uk](mailto:info@happytimesactivities.co.uk)

## Wirral Wired

Wirral Association for Disability

Independent Living and Carers Resource Centre

5 St John Street, Birkenhead, Wirral, CH41 6HY

**0151 647 6162**

[wscowired@wired.me.uk](mailto:wscowired@wired.me.uk)

## Wirral Mencap

Activities and Support for adults with a learning disability.

42-44 Market Street, Birkenhead, CH41 5BT

**0151 666 1829** [info@mencapwirral.org.uk](mailto:info@mencapwirral.org.uk)

## Together All Are Able

Community Interest Company focusing on Self Advocacy. We work with Self Advocates, Carers and Professionals to make Self Advocacy happen.

Grange Road West Sports Centre, Birkenhead, CH43 4XE

**07984 532 410** [toaaa@outlook.com](mailto:toaaa@outlook.com)

## Together We Will

Wirral independent living and learning, supporting those living with a disability and their carers.

18-20 Tower Quays Business Park, Tower Road Birkenhead, CH41 1BP

**01516499393**

## Wirral Children with Disabilities Services

The Wirral children with disabilities service is focused on supporting children with disabilities to access support and services that will promote their quality of life and achieve positive results.

Millennium Centre, Twickenham Drive, CH46 1PQ

**0151 666 4700**

## People First

Disability led organisation aiming to help people with learning disabilities to speak out, be respected and live active, healthy and happy lives.

**0151 329 2137** [info@peoplefirst.uk.com](mailto:info@peoplefirst.uk.com)

## See Ability

SeeAbility specialise in supporting people who have learning disabilities or who are autistic, who may also have sight loss or complex support needs, to live ambitious lives and achieve things they never thought possible. Whether that is forming more friendships and relationships, enjoying new experiences and activities or finding employment.

**01372 755 000** [enquiries@seeability.org](mailto:enquiries@seeability.org)



# Riverside Migrant and Multi- Cultural Support in Wirral



## **Liverpool Muslim Society and Al Rahma Mosque**

29-31 Hatherley St, Liverpool L8 2TJ  
0151 709 2560

[info@liverpoolmuslimsociety.org.uk](mailto:info@liverpoolmuslimsociety.org.uk)

## **Christ Church Norris Green - Triple C**

The Church of the Good Shepherd, Lower House Lane L11 2SF

**07871 914364 0151 226 2992**

[info@triplecliverpool.org](mailto:info@triplecliverpool.org)

## **Pagoda Chinese Community Centre**

Pagoda Arts Henry Street, Liverpool, L1 5BU

**Email: [info@pagodaarts.org.uk](mailto:info@pagodaarts.org.uk)**

**Tel: 07542339019**

## **4Wings - Support for women**

Church House, 1 Hanover Street, L1 3DN

**0151 558 1442 [info@4wings.co.uk](mailto:info@4wings.co.uk)**

## **Amadudu Women's Refuge**

**0151 734 0083 [info@amadudu.org](mailto:info@amadudu.org)**

## **Muslim Community Helpline**

0208 904 8193 or 0208 908 6715

[ess4m@btinternet.com](mailto:ess4m@btinternet.com)

## **Savera UK**

151 Dale Street, Liverpool, L2 2AH

**0800 107 0726 [info@saverauk.co.uk](mailto:info@saverauk.co.uk)**

## **Liverpool Malayalee Association**

**07736 352874 [limaliverpool@gmail.com](mailto:limaliverpool@gmail.com)**

## **Kadampa Meditation Centre (KMC) Liverpool**

**0151 726 8900**

[info@meditationinliverpool.org.uk](mailto:info@meditationinliverpool.org.uk)

## **Osun Arts Foundation: African arts and culture**

Osun Foundation, The Old Saint Lawrence School Building, Westminster Road, Liverpool, L4 3TQ

**0151 922 2911 [sunartsfoundation@gmail.com](mailto:sunartsfoundation@gmail.com)**

## **Liverpool Irish Centre - Sláinte Le Chéile Health Together**

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG

**0151 263 1808 [info@liverpoolirishcentre.org](mailto:info@liverpoolirishcentre.org)**

## **Merseyside Jewish Community Care (MJCC) - Key services**

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL

**0151 733 2292 [info@mjccshifrin.co.uk](mailto:info@mjccshifrin.co.uk)**

## **Al-Ghazali Multicultural Centre**

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD

**0151 734 3843 [info@alghazalicentre.co.uk](mailto:info@alghazalicentre.co.uk)**

## **Liverpool Arabic Centre (LAC)**

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP

**0151 727 2855**

[info@liverpoolarabiccentre.org.uk](mailto:info@liverpoolarabiccentre.org.uk)

## **Merseyside Polonia**

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP

**0151 237 2674 [info@merseysidepolonia.com](mailto:info@merseysidepolonia.com)**

## **Muslim Youth Helpline (MYH)**

**0808 808 2008 [help@myh.org.uk](mailto:help@myh.org.uk)**

## **Mary Seacole House**

91 Upper Parliament Street, Liverpool, L8 7LB

**0151 707 0319 [info@maryseacolehouse.com](mailto:info@maryseacolehouse.com)**

# Migrant and Multi-Cultural Support in Wirral



## Pal Multicultural Centre

68A Mulgrave St, Liverpool L8 2TF  
**0151 708 9669**

## The Kuumba Imani Mellinum Centre

4 Princes R, Liverpool, L8 1TH  
**0151 708 5278 0741 477 51 51**  
**Info@Moulana.co.uk**

## Florrie

377 Mill St, Liverpool, L8 4RF  
**0151 728 2323 info@theflorrie.org**

## Liverpool Arabic Centre: 'Your Safe Space'

A culturally sensitive mental health support service, which combines Western and Arab/Muslim traditional therapies to provide support for people experiencing poor emotional and mental well-being due to financial hardship. Tiber enterprise facilities, Tiber street site, Lodge Lane, Liverpool, L8 OTP  
**0151 727 2855**

## Mary Seacole House

A mental health charity and resource service set up to offer support and advice in emotional and practical matters, primarily Black, Asian, Minority, Ethnic and Refugee communities. Mary Seacole House, 91 Upper Parliament Street, Liverpool, L8 7LB  
**info@maryseacolehouse.com**

## Everton in the Community: Welcome Through Football Refugee And Asylum Seeker Football Project

The People's Hub Cruyff Court, 46 Spellow Lane, Liverpool, L4 4DF  
**jonathan.garside@evertonfc.com**

## Merseyside Refugee Support Network (MRSN)

1st Floor, St Anne's Centre, 7 Overbury Street, Liverpool, L7 3HJ  
**0151 709 7557 info@mrsnliverpool.org.uk**

## Family Refugee Support Project (FRSP)

Provides practical help to refugees "moving-on" from the asylum system and support to onward social and economic integration into life in Liverpool and beyond. Toxteth Town Hall, 15 High Park Street, L8 8DX  
**0151 728 9340 info@frsp.org.uk**

## Opoko

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

**0300 365 1700**  
**info@opoka.org.uk**

## Art Therapy - Heart4Refugees

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

Grange Baptist Church, Whetstone Lane, Birkenhead, CH41 2QS  
enquiries@aheart4refugees.org  
**Wednesday 1 pm to 3 pm**

## Jewish Women's Aid

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

**020 8445 8060 info@jwa.org.uk**

# Women's Groups in Wirral



## Women's Groups

### **Women's Health Information and Support Centre (WHISC):**

Our Listening Ear service is available for women, telephone 0151 707 1826 to make an appointment or drop in to WHISC Centre. Open Monday, Tuesday and Thursday 10 am to 4pm  
Daily activities available  
120 Bold Street, Liverpool, L1 4JA  
**0152 707 1826 women@whisc.org.uk**

### **Granby Somali Women's Group: 'GSWG Befriend Me'**

A social network where elderly Muslim and minority ethnic women will come together, exchange ideas, have interesting discussions and participate in a number of activities, which will alleviate their loneliness.  
12 Beaconsfield Street, Liverpool, L8 2UU  
**contact@granbysomaliwomensgroup.org**

### **The Women's Organisation: Enterprise Hub**

54 St James Street, Liverpool, L1 0AB  
**0151 706 8113 enterprisehub@thewo.org.uk**

### **National Association of Women's Clubs (NAWC) - Liverpool**

**01708 730805 nawc@btconnect.com**

### **Paperwork Theatre - Women's Drama Group**

Luna, Northern Lights, 5 Mann Street, L8 5AF  
**info@paperworktheatre.co.uk**

### **Females First**

The Rock Ferry Salvation Army Community Church, 179 Old Chester Road, Rock Ferry, Birkenhead, CH42 3TA  
lburns128@gmail.com  
**Tuesday 10 am to 12 pm**

### **Tomorrow's Women**

Tomorrow's Women deliver weekly activities across Wirral, please find a select list below. For more information contact the team.  
0151 647 7907  
**admin@tomorrowswomen.org.uk**

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

**We Need Your Help group** - Helping to support the continuous growth of the organisations Garden.  
**Monday, Wednesday and Friday 9.30 am to 2 pm**

### **Better Solutions**

Better Solutions is a 3 week rolling group consisting of three sessions that look into offending behaviours and how to change them.  
**Tuesday 5.30 pm to 6.30 pm**

**Yoga with Grace**- 6 week Yoga course.  
**Wednesday 11 am**

**Money Management and Debt Support**  
**Thursday 11 am to 1 pm**

### **Guided Meditation**

**Friday 3 pm to 3.30 pm**

**Domestic Abuse Specialist with Morecrofts**  
**Drop in Wednesday 12.30 pm to 1.30 pm**

**Households into Work - Tomorrow's Women**  
**Monday 11 am to 1 pm**

They also deliver a drop in advice sessions with local solicitors to find out more contact -  
**0151 647 7907**  
**admin@tomorrowswomen.org.uk**

# Women's Groups in Wirral



## Women's Groups

### **GotTheTeeShirt Coffee Morning**

The Lighthouse Centre at Involve Northwest  
330 - 334 New Chester Road, Community Village,  
Rock Ferry, CH42 1LE  
0151 644 4839  
dateam@involvenorthwest.org.uk  
**Friday 9.30 am to 11.30 am**

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

Wirral Mind, 90-92 Chester Street, Birkenhead,  
Wirral CH41 5DL  
0151 512 2200  
learning@wirralmind.org.uk  
**Thursday 3 pm to 5 pm**

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

Our Happy Hub, Hillside School, Ridgeview Road,  
Noctorum, Wirral, CH43 9HG  
07411316236  
ginaourhappyhub@gmail.com  
**Bi-weekly Saturday 11.30 am to 2.30 pm**

### **Womens Wellbeing Workshop - Our Happy Hub**

Our Happy Hub Ridgeview Road, CH43 9HG  
07563531234  
helenourhappyhub@gmail.com  
**Tuesday 5 pm to 8 pm**

### **Young Women's Trust**

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

### **The National Women's register**

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

### **Ladies Circle**

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

# Men's Groups in Wirral



## Men's Groups

### **Active Through Football - Men's Football**

Brookvale Recreation Centre, WA7 6EP  
Fridays 4 pm to 5pm  
[Richard.Jones@liverpoolfa.com](mailto:Richard.Jones@liverpoolfa.com)

### **Sean's Place**

Mental Health Support for Men in Sefton and Liverpool  
**211 Linacre Lane, Bootle, Liverpool, L20 6AD**  
**0151 922 5444**

### **Andys Man Club Liverpool**

Meet Monday at 7 pm  
UNIS Compliance Stadium, Cantilever Park,  
Common Ln, Warrington WA4 2RS  
[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

### **James' Place Liverpool**

Offer free, life-saving treatment to suicidal men  
**0151 303 5757** [liverpool@jamesplace.org.uk](mailto:liverpool@jamesplace.org.uk)

### **ManKind Project**

There are MKP men's groups all over the UK & Ireland. Some of these groups meet online and in person. For more information about finding your nearest group contact  
[mensgroups@mankindprojectuki.org](mailto:mensgroups@mankindprojectuki.org)

### **Mind Halton**

Peer support and social groups offer an opportunity to talk to others who know what you're going through in a safe, supportive environment. All groups are facilitated by staff and assisted by trained volunteers.  
Mind Halton, 3 Wellington Street, WA7 1LB  
**01928 563612**  
[info@mindhalton.org.uk](mailto:info@mindhalton.org.uk)

### **Men's Motiv8! Gym - Wirral Mind**

Wirral Mind, 90-92 Chester Street, Birkenhead, Wirral CH41 5DL  
0151 512 2200  
[learning@wirralmind.org.uk](mailto:learning@wirralmind.org.uk)  
**Wednesday 3 pm to 6 pm**

### **Bee Wirral Projects**

Bee Wirral's Elemental Project is a well-being project with activities just for men to improve their well-being. It aims to reduce the isolation of men in the Wirral through activities and community integration.  
**0739 505 4402/0151 647 7587**  
[Info@beewirral.co.uk](mailto:Info@beewirral.co.uk)

### **Silverback Social**

The Liberty Community Centre, 7 Whetstone Lane, Birkenhead, Wirral CH41 2QS  
**Monday 10 am to 2 pm**

### **Allotment - Bee Wirral Elemental Project**

Bee Wirral Ecotherapy Hub, Lansdowne Place Allotments, Lansdowne Place, Wirral CH43 7RP  
**Wednesdays 10 am to 4 pm**

### **Woodwork Workshop**

The Malebox Woodshop, Tam O'Shanter Farm, 25 Boundary Road, Birkenhead, Wirral CH43 7PD  
**Tuesday 11 am to 3 pm**

### **Crown Green Bowling**

Birkenhead Park, Park Dr, Birkenhead, CH41 4HY  
**Tuesday and Friday 10 am to 12 pm**

### **Creating a Community Garden**

Sandbrook Community Centre, 11 Sunningdale, Chapelhill Road, Moreton, Wirral, CH46 9RG  
**Thursday 11 am to 3 pm**

# Men's Groups in Wirral



## **Men's Wellbeing Group - Equilibrium North West CIC**

Livingstone Street Play and Community Centre, 130 St Anne Street, Birkenhead, Wirral, CH41 3HX

07731 478096/0151 647 6044

[equilibriumnwteam@gmail.com](mailto:equilibriumnwteam@gmail.com)

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

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

Please contact to register

WEB Merseyside, 32 Argyle Street, CH41 6AE

**0151 653 3771**

[info@webmerseyside.org](mailto:info@webmerseyside.org)

## **Paul Lavelle Foundation**

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

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

**0151 294 4176**

[info@paullavellefoundation.co.uk](mailto:info@paullavellefoundation.co.uk)

## **ANDYSMANCLUB**

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

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

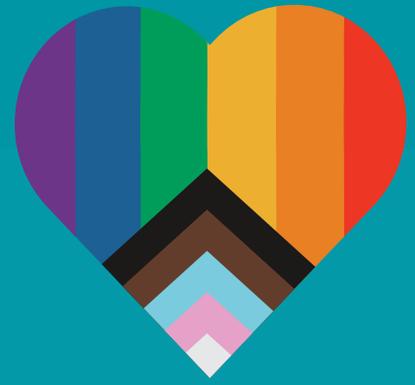
## **Men's Shed Groups**

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

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

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

# LGBTQ+ Support in Wirral



## LGBTQ+

### **Trans Support Service (TSS)**

The Beat Hanover Street/David Lewis Street  
Liverpool L1 4AF  
**0151 317 8581** [Tss.merseyscare@nhs.net](mailto:Tss.merseyscare@nhs.net)

### **Spirit Level Transgender Support Group**

<https://spiritlevel.org.uk/>  
[spirit.level@yahoo.com](mailto:spirit.level@yahoo.com)

### **Sahir**

Sahir House, 4th Floor, 151 Dale Street L2 2AH  
**0151 673 1972** [info@sahir.uk.com](mailto:info@sahir.uk.com)

### **THE Action Youth (Trans Health Education) (YPAS)**

36 Bolton Street, L3 5LX [www.ypas.org.uk](http://www.ypas.org.uk)  
**0151 702 6087** [gyro@ypas.org.uk](mailto:gyro@ypas.org.uk)

### **Citizens Advice Liverpool - LGBTQ+ Hate Crime Support Service**

Practical & emotional support for people who have been affected by LGBTQ+ hate incidents, and their families, across Merseyside.

**0151 522 1400 ext 5006**  
[LGBTHateCrime@caliverpool.org.uk](mailto:LGBTHateCrime@caliverpool.org.uk)

### **Switchboard LGBT+ Helpline**

**0800 0119 100** [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

### **Merseyside non-scene LGBT Social Group**

<https://www.meetup.com/MERSEYSIDE-LGBT-SOCIAL-GROUP/>  
[stev\\_arts@yahoo.co.uk](mailto:stev_arts@yahoo.co.uk)

### **Merseyside LGBT Creative Writing Group and Book Groups (18+)**

<https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/>

### **Galop**

Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.  
**0800 9995428** [help@galop.org.uk](mailto:help@galop.org.uk)

### **Sahir House - HIV Support, Information and Training Centre**

Sahir House, 4th Floor, 151 Dale Street, L2 2AH  
**0151 673 1972** [info@sahir.uk.com](mailto:info@sahir.uk.com)

### **LIV.FAST Network**

Provides peer support and advice for those who identify somewhere within the FTM (Female-to-Male) spectrum.

The Beat, Hanover Street/David Lewis Street, Liverpool, L1 4AF  
[liverpool.ftm@gmail.com](mailto:liverpool.ftm@gmail.com)

### **Body Positive**

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

**01270 653150**  
[health@bpcnw.co.uk](mailto:health@bpcnw.co.uk)  
[info@silverrainbows.com](mailto:info@silverrainbows.com)

### **Loving Me**

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

**07902 478958/** [help@lovingme.uk](mailto:help@lovingme.uk)

# Additional Support in Wirral



## Sexual Violence Support

### **Rape and Sexual Abuse Centre (RASA)**

RASA Merseyside provides support to anyone in Merseyside impacted by sexual violence.  
**0151 666 1392** [helpline@rasamerseyside.org](mailto:helpline@rasamerseyside.org)

### **Rape Crisis**

A service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.

**0808 500 2222**

### **SAFE Place Merseyside: Sexual Assault Referral Centre (SARC)**

24 hour telephone support service  
**0151 295 3550**

### **Silent Solution**

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

### **Rape and Sexual Abuse Support RASASC (Cheshire & Merseyside)**

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

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

### **Rape Crisis**

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened.  
**0808 500 2222** open 24 hours a day  
<https://rapecrisis.org.uk/get-help/>

### **Galop**

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

**Victims can contact the Helpline by phone 0800 999 5428 or via email [help@galop.org.uk](mailto:help@galop.org.uk).**

### **The 24/7 Rape and Sexual Abuse Support Line**

247 offers Free, specialist and confidential support delivered by Rape Crisis England &  
**0808 500 2222**

**To chat online or find out more visit**  
<https://247sexualabusesupport.org.uk>

### **National Online Helpline for Male Survivors**

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.  
<https://www.survivorsuk.org/>

### **The Survivors Trust**

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

**08088 010818**  
[info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)  
More information can be found at  
[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

# Additional Support in Wirral



## Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** or Liverpool Direct on **0151 233 3001** to report

## **Stop Hate UK**

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

You can report a hate crime by:

**0800 138 1625 Text: 07717 989 025**

**Text relay: 18001 0113 293 5100**

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

## **Anthony Walker**

Racial or religious hate crime - this support service is delivered by the Anthony Walker Foundation (AWF). AWF delivers specialist counselling and support for victims.

LCVS Building 3rd Floor, 151 Dale Street, L2 2AH

**0151 237 3974**

**[info@anthonywalkerfoundation.com](mailto:info@anthonywalkerfoundation.com)**

## **Daisy Inclusive UK**

Disability hate crime - provided by charity Daisy Inclusive UK. Daisy UK have a dedicated hate crime officer who supports victims from the point of contact through to support and guidance through the judicial system, if required.

**0151 261 0309**

**[disabilityhatecrime@daisyuk.com](mailto:disabilityhatecrime@daisyuk.com)**

## **Citizens Advice Liverpool**

LGBTQ+ hate crime - this support service is delivered by Citizens Advice Liverpool. They can help you to make a report to the police if you wish, understand your rights, liaise with organisations and help you to access specialist support services such as counselling.

**0800 144 8848**

## **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/>**

## **Hate Crime Victim Support – Remedi UK**

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

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

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

**[hatecrimevictimservice@remediuk.org](mailto:hatecrimevictimservice@remediuk.org)**