

# Knowsley 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

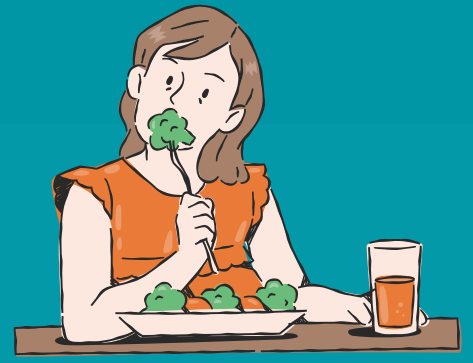
- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start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



## Knowsley - Food Banks

### **Knowsley Food Support**

Open Monday to Friday 10 am to 4.30 pm.

**0151 538 8243**

### **St George's Church**

46 Primrose Drive, Huyton, L36 8DW

0151 489 1394

**Open Monday 12 pm to 2 pm**

### **Kirkby Market Stalls**

118-119 Market Square, L32 8RQ

**Open Friday 12 pm to 2 pm**

### **Stockbridge Community Hub**

The Croft, Stockbridge Village, L28 1NR

0300 123 55 22

**Open Wednesday 12 pm to 2 pm**

### **Salvation Army Prescott**

Warrington Rd, Prescott, L35 2UA

0151 426 2278

**Open Wednesday 12 pm to 2 pm**

### **St Dominics Church**

Southdean Road, Huyton, Liverpool, L14 8UL

0151 477 0250

**Open Thursday 12 pm to 2 pm**

### **St Mary's**

Leathers Lane, Halewood, Liverpool, L26 9TS

0151 487 9965

**Open Saturday 10.30 am to 12 pm**

### **Pride Centre**

2 Simonswood Lane, Kirkby L33 5YP

0151 443 3257

**Open Tuesday 11 am to 2.30 pm**

### **Apostolic Church**

433 Liverpool Road, Huyton, L36 8HT

**0151 449 2921 Open Monday 11 am to 2 pm**

### **St Jude's Church,**

Roundhey, Stockbridge Village L28 1RQ

**Open Wednesday 11.30 am to 2 pm**

### **Huyton Parish Church,**

Bluebell Lane, Huyton L36 7SA

07926 693495 **Open Friday 11.30 am to 2 pm**

### **Stockbridge Community Hub**

The Croft, Stockbridge Village, L28 1NR

0300 123 55 22

**Open Wednesday 12 pm to 2 pm**

### **Torrington Drive Community Association (TDCA)**

New Hutte Neighbourhood Centre, Lichfield Road,  
Halewood, L26 1TE

0151 443 2168

**Open Monday to Friday 9 am to 3 pm**

### **St George's Church**

46 Primrose Drive, L36 8DW

0151 489 1394

Weekly Fee £3.50 to £5

**Open Wednesday 11 am to 2 pm**

### **St Michael's Huyton**

Parish Church Hall, Bluebell Lane, L36 7SE

07926 693495

Weekly Fee £3.50 to £5

**Open Friday 12 pm to 2 pm**

# Food Support Services in Knowsley



## Food Pantries

### **Deysbrook Community Centre,**

2 Deysbrook way, L12 4XF

0151 254 1156

Weekly Fee £3.50 to £5

**Open Tuesday and Thursday 10 am to 12 pm**

### **Stockbridge Community Hub**

The Croft, Stockbridge Village, L28 1NR

0300 123 55 22

Weekly Fee £3.50 to £5

**Open Tuesday 12pm – 2pm and Thursday 10.30 am to 12.30 pm**

### **The Park Pantry Community Food Club**

Emergency food parcels for collection.

The Pavillion, Eaton St, Prescot L34 6HD

Jo Burke - 07526603529

**Open Wednesday 11.30 am to 1.45 pm**

### **Al's Arc**

Food shops, detergents & toiletries, non-perishable goods. Clothing along with blankets hats gloves scarves etc.

40 Eccleston Street, Prescot, L34 5QJ

07939 556287

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

### **SMARTYS food Hub**

St Luke's Church, Princess Drive, L14 8XG

07706150824 or 0151 2816119

**Open Wednesday and Friday 10.30 am to 12.30 pm**

## Social Supermarkets

### **Torrington Drive Community Association**

New Hutte Neighbourhood Centre, Lichfield Road,

Halewood, L26 1TT

0151 443 2168

**Register at <https://tdcaonline.co.uk/>**

### **Centre 63**

Old Hall Lane, Kirkby, L32 5TH

0151 549 1494 [Ann.norris@Centre63.co.uk](mailto:Ann.norris@Centre63.co.uk)

**Wednesday 10am to 2pm**

### **Incredible Edibles**

Social Supermarket - 10 items £3.50, 15 items

£5.00, 30 items £10.00

Huyton, L16 3NA

[karen.mower@knowsleycommunityhub.co.uk](mailto:karen.mower@knowsleycommunityhub.co.uk)

**Friday 10 am to 3 pm. (Gates open at 9:30 am be on site by 2:45pm)**

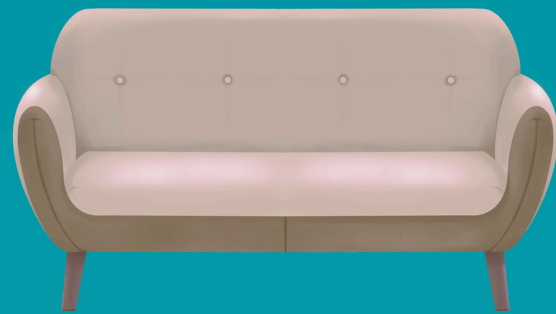
### **Prescot Community Church Social Supermarket**

Old Colliery Road, Whiston, L35 3SX

07967012042

**Open Wednesday and Thursday 10.30 am to 12.30 pm**

# Furniture Support in Knowsley



## Council Support

### **Knowsley Council Emergency Support Scheme**

If you are experiencing an upheaval the scheme may support you if you need furniture / white goods to help you settle back into the community under specific circumstances, or to avoid you having to enter institutional care.

#### **For example:**

If you are leaving care, leaving prison, fleeing domestic violence, homeless and leaving Local Authority temporary accommodation, e.g. a hostel, homeless accommodation, or a hotel  
If you are at risk of going into institutional care, where the essential item/s would prevent you going into care.

<https://www.knowsley.gov.uk/benefits-and-support/emergency-support-scheme/household-support-fund>

**If you cannot apply online, you can ring their contact centre on 0151 443 3200**

## Furniture Charity Shops

### **Willowbrook Hospice Prescot**

Prescot Shopping Centre, Eccleston Street,  
L34 5GA

**0151 541 7806**

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

### **Willowbrook Hospice Rainhill**

9 Dane Court, Weaver Avenue, Rainhill, L35 4LU

**0151 426 9940**

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

### **Willowbrook Hospice Stockbridge Village**

2 The Croft, Stockbridge Village, L28 1NR

**0151 480 9796**

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

### **North West Air Ambulance Charity**

692-696 Prescot Road, Old Swan, L13 5XG  
0151 705 0375

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

**The Community RePaint** scheme collect reusable, leftover paint and redistribute it to individuals, families, communities and charities in need, improving the wellbeing of people and the appearance of places across the UK.

**<https://communityrepaint.org.uk/>**

**Available Prescot, Huyton and Kirkby.**

### **Kirkby, Liverpool (Painting Green)**

This scheme offers Full cans of paint and part full cans of paint.

4-6 Yardley Road Kirkby Liverpool L36 6AP

**0151 673 0949**

**Monday to Friday 12 pm to 4 pm**

# Cost of Living Support in Knowsley



## Council Support

### Emergency support scheme

The council has a very limited fund to provide help to Knowsley residents with food and/or fuel in an emergency that:

- Is unforeseen,
- Could not have been avoided, or
- Poses a potential risk to the health and safety of you or your family.

The scheme may provide some support for essential items of furniture and/or white goods in very specific circumstances where the resident has suffered a major upheaval.

<https://www.knowsley.gov.uk/residents/benefits-and-grants/emergency-support-scheme>

The Council is working with Energy Projects Plus to provide free advice and help to residents with their energy costs. **Residents can call the Save Energy Advice Line on 0800 043 0151 Monday to Friday, 9-5, or email [advice@epplus.org](mailto:advice@epplus.org).**

### Knowsley Council's dedicated Financial Advice line

Find out more about free sources of money and debt advice, and credit unions.

**0151 443 3300**

### Citizens Advice Knowsley

142 Cherryfield Drive, Kirkby, L32 8RX  
27 Cavendish Walk, Huyton, L36 9YF  
[advice@citizensadviceknowsley.org.uk](mailto:advice@citizensadviceknowsley.org.uk)  
**0808 278 7839**

## Help with Council Tax debt and managing money.

**Money Advice Service - 0300 500 5000**

**National Debt Line - or call 0808 808 4000**

## Libraries

Local libraries offer a range of support services.

### Knowsley Library Service Contact

**0151 443 3734**

[yourlibrary@knowsley.gov.uk](mailto:yourlibrary@knowsley.gov.uk)

### Halewood Library

The Halewood Centre, Roseheath Drive, L26 9UH.

**Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm**

### Huyton Library

Civic Way, Huyton, Knowsley, L36 9GD.

**Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm**

### Kirkby Library

Norwich Way, Kirkby, Knowsley, L32 8XY

**Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm**

### Prescot Library

The Prescot Centre, Prescot Shopping Centre, Aspinal Street, Prescot, L34 5GA.

**Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm**

### Stockbridge Library

The Withens, Stockbridge Village, L28 1AB

**Open Monday to Friday 10 am to 5 pm and Saturday 10 am to 1 pm**

## Credit Unions

### **Enterprise Credit Union**

**0151 482 0177**

**[contact@enterprisecreditunion.org](mailto:contact@enterprisecreditunion.org)**

### **Page Moss Branch**

5-7 Page Moss Lane, Liverpool, L14 0JJ

### **Hall Lane Branch**

Hall Lane Huyton, Liverpool, L36 6AX

### **Partners Credit Union**

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

[partnerscreditunion.co.uk](http://partnerscreditunion.co.uk)

**0151 258 1014**

**[enquiries@partnerscreditunion.co.uk](mailto:enquiries@partnerscreditunion.co.uk)**

### **Knowsley Mutual Credit Union**

11 Market Square, Kirkby, Merseyside, L32 8RG

**0151 545 3380**

## Local Support

### **Prescot and Whiston Community Advice Centre**

The Centre provides a free and impartial welfare rights service including welfare benefit advice, assistance with benefit applications, advice on the appeals process and help lodging appeals to those who reside or work in the Borough of Knowsley.

Prescot One Stop Shop, Prescot Shopping Centre, Aspinall Street, Prescot, Merseyside, L34 5GA

**0151 443 4639 [prescotadvice@btinternet.com](mailto:prescotadvice@btinternet.com)**

**<https://prescotadvice.org/>**

## **Households into Work**

Help into employment

**[hiw@liverpoolcityregion-ca.gov.uk](mailto:hiw@liverpoolcityregion-ca.gov.uk)**

## Fuel and Energy Support

### **Energy Projects Plus**

Free and impartial advice to help you save money on your energy bills.

0800 043 0151

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

### **British Gas Energy Trust**

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

### **Scottish Power Hardship Fund**

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

### **E.On Energy Fund**

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

## **Support from Banks**

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

## **National Debt services**

### **Turn2us**

Turn2us is a national charity providing practical help to people who are struggling financially.

**0808 802 2000 [www.turn2us.org.uk](http://www.turn2us.org.uk)**

### **National Debtline**

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.

**0808 808 4000 [www.nationaldebtline.org](http://www.nationaldebtline.org)**

# Welcoming Spaces in Knowsley



## Libraries

All libraries are currently open from 10am until 5pm Monday to Friday and from 10am until 1pm on Saturday.

All of the borough's libraries provide free access to PCs and WiFi, so as well as using the library as a Warm Hub, you can also use the PCs to find out the latest cost of living help and support that is available as well as comparing prices for your energy and phone tariffs etc.

They are located at:

### **Halewood Library**

Roseheath Drive, Halewood, L26 9UH  
**0151 443 2086**

### **Huyton Library**

Civic Way, Huyton, L36 9GD  
**0151 443 3734**

### **Kirkby Library**

Norwich Way, Kirkby, L32 8XY  
**0151 443 4289**

### **Prescot Library**

The Prescot Centre, Aspinall Street, L34 5GA  
**0151 443 5101**

### **Stockbridge Library**

The Withens, Stockbridge Village, L28 1AB.  
**0151 443 2501**

## **Welcoming Spaces/Warm Hubs**

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

## **Warm Welcome**

Warm Welcome Spaces are opening their doors to local communities, offering everyone a free, warm, welcoming and friendly space. You can search spaces near you by visiting <https://www.warmwelcome.uk/>

# Digital Inclusion Support in Knowsley



## Libraries

Knowsley Libraries have partnered with the Good Things Foundation, to offer free SIM cards to those who are experiencing data poverty.

The National Databank scheme is supported by UK mobile networks Vodafone, O2 and Three, and offers vital connections for anyone cut off from the basic daily activities most people take for granted, such as accessing services online, preparing for a job interview, finding essential health information online or indeed keeping in touch with loved ones.

**A person can have access to data for up to 12 months and we are unable to guarantee that the SIM cards will be compatible with all devices.**

## Eligibility criteria

To be able to receive data through the National Databank you must be 18+ years old and be from a low-income household

You must also qualify in one of the following statements:

- Have no access or insufficient access to the internet at home
- Have no or insufficient access to the internet when away from the home
- Cannot afford their existing monthly contract or top up

Local libraries offer digital skills learning, you can book time on a PC and use their learning resources.

**Knowsley Library Service Contact**  
**0151 443 3734** [yourlibrary@knowsley.gov.uk](mailto:yourlibrary@knowsley.gov.uk)

## **Halewood Library**

The Halewood Centre, Roseheath Drive, L26 9UH.  
**Open Monday to Friday 10 am to 5 pm and  
Saturday 10 am to 1 pm**

## **Huyton Library**

Civic Way, Huyton, Knowsley, L36 9GD.

**Open Monday to Friday 10 am to 5 pm and  
Saturday 10 am to 1 pm**

## **Kirkby Library**

Norwich Way, Kirkby, Knowsley, L32 8XY

**Open Monday to Friday 10 am to 5 pm and  
Saturday 10 am to 1 pm**

## **Prescot Library**

The Prescot Centre, Prescot Shopping Centre, Aspinal Street, Prescot, L34 5GA.

**Open Monday to Friday 10 am to 5 pm and  
Saturday 10 am to 1 pm**

## **Stockbridge Library**

The Withens, Stockbridge Village, L28 1AB

**Open Monday to Friday 10 am to 5 pm and  
Saturday 10 am to 1 pm**

## **Knowsley College**

Offer several free or low cost courses to help build up IT Skills

Huyton Liverpool L36 3SD

**0151 477 5850**

**[info@knowsleycollege.ac.uk](mailto:info@knowsleycollege.ac.uk)**

## **Learn My Way**

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

**[www.learnmyway.com](http://www.learnmyway.com)**

## **Barclays Digital Wings**

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

**<https://digital.wings.uk.barclays/>**

# Digital Inclusion Support in Knowsley



## **FutureLearn**

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

**[www.futurelearn.com](http://www.futurelearn.com)**

## **WEA**

Basic IT training  
Old School House, St John's Rd, L36 OUX  
**0300 303 3464**

## **Centre63**

Open to anyone but appointment needed  
Old Hall Lane, Kirkby, L32 5TH  
**0151 549 1494**

## **Activate CES**

Bracknell Centre Bracknell Avenue Kirkby, L32 9PW  
**01515451279**  
**[johnschaer@activateces.org.uk](mailto:johnschaer@activateces.org.uk)**

## **Stockbridge Community Engagement Forum**

Open but membership/appointment needed  
19 Whitethorn Drive, Stockbridge Village, L28 1NX  
**03001 235 522**

## **Knowsley Family & Community Education**

Basic Training and Qualifications  
St John's Info Zone, Huyton, L36 OUB  
**07810053971**

## **Knowsley Disability Concern**

263A Tarbock Road, Huyton, L36 OSD  
**0151 480 4090** **[info@kdc.org.uk](mailto:info@kdc.org.uk)**

## **Young Adult Respite Service CIC**

11 Emelia Drive, Prescot, L34 1AX  
**07403199954** **[info@yars.org.uk](mailto:info@yars.org.uk)**

## **Merseyside Youth Association**

Specific Demographic Group - Merseyside Youth Association Service user  
Our Place, Longview Drive, L36 6EG  
**0151 702 0700**

## **St Gabriels Community Centre**

Basic IT training  
Hall Lane, Huyton, L36 6AZ  
**07884317112**

## **Torrington Drive Community Association**

New Hutte Neighbourhood Centre, Lichfield Road, L26 1TT  
**0151 443 2168**

# Riverside

## Youth Provision in Knowsley



### School Holiday Support (HAF)

#### **Holiday Activities**

During school holidays children and young people aged 5-16 years old, including children with SEND or additional needs, can access free activities and a meal.

For a list of providers please search the link below.

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

### Children's Centres

Children's centres bring together a range of free services for children from birth to five, and their families. Services vary at each centre according to local community needs but all centres provide child and family health, family support services and a range of parent and toddler activities.

#### **Knowsley Early Years Service**

[EarlyYearsService@knowsley.gov.uk](mailto:EarlyYearsService@knowsley.gov.uk)

To contact your local Children's Centres call 0151 443 5633 and use from the options below.

- **Option 1: Northwood Family Hub at The Pride and The Star (Kirkby)**
- **Option 2: Jubilee (Huyton), Stockbridge and Whiston/Prescot area**
- **Option 3: Hilltop (Huyton) and New Hutte Children & Family Hub (Halewood)**
- **Option 4: Childcare and Family Information Service**
- **Option 5: 2-Year-Old Offer**
- **Option 6: Funding Entitlements**

#### **Huyton Children's Centres**

Bedford Close, Huyton, L36 1XH

#### **Jubilee Children's Centre,**

C/O St Aloysius Primary School, Twig Lane, L36 2LF

#### **Stockbridge Village Children's Centre**

The Withens, Stockbridge Village, L28 1AB

#### **New Hutte Children's and Family Hub**

Lichfield Road, Halewood, L26 1TT

#### **The pride Children's Centre**

2 Simonswood Lane, Northwood, Kirkby, L33 5YP.

#### **The Eden Children's Centre**

At Westvale School, Meverley Road, Westvale, Kirkby, L32 0RQ

#### **The Star Children's Centre**

St. Andrew's View, Tower Hill, Kirkby, L33 1ZF

#### **Southmead Children's Centre**

Sherwood Drive, Whiston, Knowsley, L35 3XZ

### Organisations and Community Groups

#### **Comics Youth CIC**

Comic Book Creation and Reading Workshops every Thursday

Centre 63, Old Hall Lane, Kirkby, L32 5TH

Junior workshop - 8-12 years 4.30 pm to 6.30 pm

Senior workshop - 13-18 years 6.45 pm to 8.30 pm

Centre 63, Old Hall Lane, Kirkby, L32 5TH

**07983464702**

[hi@comicsyouth.co.uk](mailto:hi@comicsyouth.co.uk).

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

# Riverside

## Youth Provision in Knowsley



### Comics Youth

Make Hamilton 2.0 at 69-71 Argyle Street,  
Birkenhead, CH41 6LQ  
**0151 236 1800 hi@comicsyouth.co.uk**

### Safe Spaces- Reclaiming Community Spaces

For 14-25 year olds to create their own legacy event within Liverpool for LGBTQIA+ people with a focus on mental health. **Friday 4.30 pm to 6.30pm either online or face to face depending on your access needs.**

### Here For The Nerds

Open access for 14-25 year olds- play games/get creative/make friends. Free food and drinks each session. **Saturday 1.30 pm to 3 pm**

### 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**

### Virtual KEEN

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

### Netherley Youth and Community Initiative

41 Damson Road, Netherley, Liverpool, L27 8XR  
Youth Club (ages 4 to 7) - Monday from 5.30 pm to 7 pm.  
Year Old Youth Club (ages 8-12) - Tuesday and Wednesday from 5.30 pm to 7 pm  
Over 12s Youth Club - Tuesday and Wednesday from 7 pm to 8.30 pm  
**0151 487 6421 Sharon@nyci.co.uk**

### Southdene Community Centre

Broad Lane, Kirkby, L32 6QG  
Youth Club Tuesday (ages 11 to 25) 6.45 pm to 9.15 pm  
**0151 289 0419**  
**southdenecommunitycentre@gmail.com**

### Butterflies Project

Butterflies is Listening Ear's award winning specialist support programme for children and young people aged 4 to 15 years experiencing bereavement, divorce/separation, domestic abuse, suicide, murder or other family loss.  
174 Dragon Lane, Whiston, L35 3QY  
**0151 493 2301**  
**enquiries@listening-ear.co.uk**

### Centre 63

Activities such as: recreation, sport, music sessions, arts-based classes, drama projects, issue-based workshops and accredited learning programmes in Mental Health First Aid.  
63, Old Hall Lane, Kirkby, Liverpool L32 5TH  
**0151 549 1494**  
**Monday and Wednesday**  
**Junior sessions: 4.30 pm to 6.45 pm**  
**Senior sessions: 6.45 pm to 8.30 pm**

### 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**

# Riverside Youth Provision in Knowsley



## **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)

## **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](mailto:info@liverpoolautismadventures.co.uk)

## **Street League**

Helps unemployed young people 16-24 find work, training, apprenticeships, education and traineeships.

**0800 331 7600**

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

## **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](mailto: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.

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

### **MYA (Merseyside Youth Association)**

MYA offers a range of projects and activities that support young people up to age 25.

65-67 Hanover Street, Liverpool, L1 3DY (main office - activities delivered across Liverpool)

**0151 702 0700** [admin@mya.org.uk](mailto:admin@mya.org.uk)

<https://mya.org.uk/projects/>

### **The Lee Cooper Foundation**

#### **#LetsChatDropInCentre**

The #Let'sChat drop in sessions are held weekly for teenagers who are suffering with their mental health, who need to build their social skills or just simply need guidance on how to navigate being a teen. The Old School House, St Johns Road, L36 OUT

**Thursday 6.30 pm to 8.30 pm**

**07983717415**

[Lily@theleecooperfoundation.co.uk](mailto:Lily@theleecooperfoundation.co.uk)

# Riverside Family Support in Knowsley



## 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/>

## Community groups

### **Baby Basics**

Hope House, Boaler Street, Liverpool L6 6AE

<https://baby-basics.org.uk/>

### **Centre 56 Women & Children's Aid Centre**

Here for families in crisis, whatever the situation  
Rumney Road, Liverpool, L4 1UB

**0151 727 1355** [hello@centre56.org.uk](mailto:hello@centre56.org.uk)

### **Knowsley Parent Carers Voice**

Knowsley Parent Carers Voice are a group of parents and carers of children with special education needs and disabilities from Knowsley.  
Knowsley PCT, Ebony Way, Liverpool, L33 1XT

**07376 233141/07368 117415**

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

### **Knowsley Carers Centre**

Knowsley Carers Centre is an independent, local registered charity and network partner of Carers Trust. We provide a range of services to support and enhance the lives of unpaid carers throughout Knowsley.

**Kirkby Office:** 143 Bewley Drive, Kirkby, L32 9PE

**0151 549 1412**

[enquiries@knowsleycarers.co.uk](mailto:enquiries@knowsleycarers.co.uk)

**Halewood Office:** New Hutte Neighbourhood Centre Lichfield Road, Halewood, L26 1TT

**0151 448 9771**

**Huyton Office:** The Old Schoolhouse, St Johns Road, Huyton, L36 0UX

**0151 482 6279**

### **Advocacy Together**

The Advocacy Together Hub Knowsley brings together all advocacy services in Knowsley and provides a single point of referral.

Prescot House, 3 High Street, Prescot, L34 3LD

**0151 426 3174/07484 935748**

[knowsley-advocacy@together-uk.org](mailto:knowsley-advocacy@together-uk.org)

## 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 Knowsley



**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)

## **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)

# Riverside Older People Support in Knowsley



## **Netherley Youth and Community Initiative - Over 50's Club**

41 Damson Road, Netherley, Liverpool, L27 8XR  
**Wednesday 1 pm to 2.45 pm**

## **Age UK - Knowsley and West Mersey**

**01744 752 644**

**enquiries@aukmm.org.uk**

## **Rainbow 50 Plus Community**

259-261 Boaler Street, Liverpool, L6 9DH

**07795 433970/07717 398475**

**dee@therainbowcommunity.org**

## **Smile TLC LTD (supports those affected by dementia)**

Organises social events and support to people living with dementia and their family members.

**0151 374 0112 support@smile-tlc.co.uk**

## **Knowsley Older People's Voice**

It delivers member events 3 or 4 times a year providing key information (often provided by guest speakers from NHS, Knowsley Council Services, and other relevant agencies) as well as a social get together.

Knowsley Older People's Voice, Healthwatch Knowsley, The Old School House, St Johns Road, Huyton, Knowsley, L36 0UX

**0151 449 3954**

**Jen.Casey@healthwatchknowsley.co.uk**

## **The Good Companions Club**

The Good Companions Club supports senior citizens to make friends by meeting once a week in a social atmosphere a self-supporting club with opportunities for days out (Summer) activities include speakers, bingo quiz and refreshments.

**St Marks Annexe, Penman Crescent, L26 0UG**

**0151 486 3992**

## **Knowsley Older Peoples Fun Olympics**

Aim to improve the health and well-being of older people through enjoyable and fulfilling activities.

Kirkby Sports Centre, 105 Cherryfield Drive, Kirkby, L32 8SA

**Wednesdays 1 pm to 4pm**

Halewood Leisure Centre, Baileys Lane, Halewood, L26 0TY

**Thursdays 10.30 am to 12.30 pm**

Knowsley Leisure and Culture Park, Longview Drive, Huyton, L36 6EG

**Thursdays 1.30 pm to 3.30 pm**

**0151 430 7710**

**Geoff.lyon1@virginmedia.com**

## **Liverpool Cares**

Connects younger and older neighbours for conversation, company and companionship through their free Social Clubs programme.

**07701 352495/0151 659 1789**

**sophie.mason@liverpoolcares.org.uk**

## **New Primrose Pensioners Club**

Social club for older people to meet, chat and make friends. Tea/coffee and biscuits are provided. Weekly activities and day trips.

New Primrose Club, RAFA Club 6 Ellison Grove, Huyton Village, L36 9GA

**0151 489 3150 marie-mcginn@hotmail.co.uk**

## **Lickers Lane Pensioners Luncheon Club**

George Howard Centre, Lickers Lane, Whiston, L35 3SR

Contact to find out more. **0151 292 4159**

**whistontowncouncil@tiscali.co.uk**

# Mental Health and Wellbeing Support in Knowsley



## Liverpool Support Services

### **Halton, Knowsley, St Helens and Warrington Mental Health Urgent Support**

For all ages – children, young people and adults. If you need urgent mental health support, please call our 24/7 freephone crisis line on: **0800 051 1508**

### **Talking Therapies Knowsley**

Talking Therapies offer free NHS therapy for people in Knowsley with common mental health problems like anxiety or depression, to help you change the way you feel by changing the way you think.

Talking Therapies Knowsley  
Whiston Primary Care Resource Centre, Old Colliery Road, Whiston, L35 3SX  
**0151 351 8600 - choose option 1**

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

FRESH Building, Alder Hey Children's Hospital, Liverpool, L12 2AP  
**0151 293 3662**  
[camhs.referrals@alderhey.nhs.uk](mailto: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](mailto:Crownhub@liverpool.gov.uk)

### **BRIDGE-IT Community Wellbeing Group**

**Film Group** - Changing Lives Building, 105 Cherryfield Drive, Kirkby, L32 8SA (first Thursday of every month at 2pm)

**Drop-In** - Northwood Community Centre, Gilescroft Avenue, Kirkby, L33 9TW (every Friday between 2 pm to 3.30pm)

**Reading Group** - Changing Lives Building, 105 Cherryfield Drive, Kirkby, L32 8SA (every Wednesday between at 2pm to 3.30pm)  
**07930 601 994** [bridge-it2017@outlook.com](mailto:bridge-it2017@outlook.com)

## **Knowsley Community Mental Health Teams for people over 18.**

Knowsley Community Mental Health Halewood Team 18+  
**0151 351 8600**

Halewood Medical Centre, Roseheath Drive, L26 9UH

The Bluebell Centre, Bluebell Lane, Huyton L36 7XY

Whiston Primary Care Resource Centre  
Old Colliery Road, Whiston, L35 3SX

## **Positive Mental Health Coffee Morning**

The Coffee Morning is open to anyone, including service users, family members, carers, so please come along and feel free to bring a friend. Please note that the venue for the coffee mornings will alternate between Huyton and Kirkby.

If you are interested in coming along to any of the coffee mornings or would like more information contact the Healthwatch Office on **0151 449 3954**. Transport is available on request and parking spaces are available at the meeting venue.

**The Old School House, St Johns Road, L36 OUX**  
**Southdene Community Centre, Broadlane, L32 6QG**

## **Norris Green Community Alliance: 'Mindful Communities'**

Men's and women's support groups with regular meetings, services and activities to reduce isolation and improve mental health.

Parthenon House Falklands Approach Norris Green L11 5BR

**0151 479 3800**

[norrisgreencommunity@btconnect.com](mailto:norrisgreencommunity@btconnect.com)

# Riverside

## Mental Health and Wellbeing Support in Knowsley



### **Life Rooms**

Are here to help you improve your mental and physical wellbeing. Whatever the issue; from financial difficulties, to employment, to lifestyle or exercise. They are there when you're ready to take your next steps towards a healthier life.

Services are available to anyone aged 18+.

To find out more about what support is available please visit

<https://www.liferooms.org/support>

### **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](mailto: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](mailto:info@thecomedytrust.com)**

### **The Vibe Liverpool: 'We're Listening'**

A 1-1 listening service and group sessions with a focus on bereavement support.

Vagabonds Tennis Club, 433 Queens Drive  
Liverpool, L13 0AG

**[thevibeliverpool@gmail.com](mailto:thevibeliverpool@gmail.com)**

### **Liverpool Bereavement Service Service**

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

0151 236 3932 (lines open Monday to Friday 9  
am to 5 pm)

**[enquiries@liverpoolbereavement.co.uk](mailto:enquiries@liverpoolbereavement.co.uk)**

# Riverside Domestic Abuse Services in Knowsley



## **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.

## **SignHealth**

Support for Deaf and hard of hearing  
020 39472601 or text 07970 350 366  
[da@signhealth.org.uk](mailto:da@signhealth.org.uk)

## **ManKind Initiative helpline for male victims of domestic abuse - 01823 334244**

## **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)

### **YMCA Liverpool - Domestic Abuse Rapid Accommodation Project**

YMCA Liverpool, Hope House, 15 Leeds Street, Liverpool, L3 6HU

**0151 600 3530/0151 734 1074**

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

Church House, 1 Hanover Street, Liverpool, L1 3DN

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

**For additional Domestic Abuse support services please download our National Support Directory**

# Riverside Disability Support in Knowsley



## 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

**Phone: 0800 2218 522**

## Activities and support

### **Daisy Inclusive UK**

2 Barnes Street, Everton L6 5LB

**0151 261 0309** [info@daisyuk.com](mailto:info@daisyuk.com)

### **Greenbank Sports Academy**

Greenbank Lane, Liverpool L17 1AG England

**0151 280 7757**

### **DaDa - Disability and Deaf Arts**

The Bluecoat, School Lane, Liverpool, L1 3BX

**07436 536 200 0151 707 1733**

### **The Lime Hub**

The Lime, Upper Baker Street, Liverpool, L6 1NB

**0151 233 5085 / 0151 263 8338**

### **The New Derry Club P.A.C**

The New Derry Social Club, Mere Lane, L5 0QW

**0151 263 1758** [pacdisco@hotmail.com](mailto:pacdisco@hotmail.com)

### **Bradbury Fields - Information and Support Services**

Bradbury Centre, Youens Way, Liverpool, L14 2EP

**0151 221 0888** [info@bradburyfields.org.uk](mailto:info@bradburyfields.org.uk)

### **Acorn Adventure Farm**

Depot Road, Kirkby, Merseyside, L33 3AR

**0151 548 2415** [admin@acornfarm.co.uk](mailto:admin@acornfarm.co.uk)

### **Physical and Sensory Impairment Partnership Board**

The Old School House, St Johns Road, L36 0UX

**07701 366227**

[Jen.Casey@healthwatchknowsley.co.uk](mailto:Jen.Casey@healthwatchknowsley.co.uk)

### **NSC CARE ACTIVITY HUB**

The Care Activity Hub, Back Gilmoos Lane, Croxteth, Liverpool, L11 0BD

**07540932743/01515466249**

[Info@thecareactivityhub.co.uk](mailto:Info@thecareactivityhub.co.uk)

### **L'Arche Liverpool**

L'Arche Liverpool, The Ark Workshops, Lockerby Road, Liverpool, L7 0HG

**0151 260 0422**

### **RAWD**

Unity Theatre, 1 Hope Place, Liverpool, L1 9BG

**07588 754 325** [outreach@rawdproject.co.uk](mailto:outreach@rawdproject.co.uk)

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

# Migrant and Multi-Cultural Support in Knowsley



## **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@liverpolarabiccentre.org.uk](mailto:info@liverpolarabiccentre.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 Knowsley



## 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**

## BME Youth

BME Youth is a national youth organisation of children and young people from Black, Asian and Minority Ethnic (BAME) communities in the UK.  
**<https://www.bmeyouth.org.uk/about/>**

## Muslim Women's Network UK

MWNUK is the only national Muslim women's organisation in Britain. They offer a helpline, counselling services, training and workshops.  
**<https://www.mwnuk.co.uk/>**

## Migrants Rights Network

The Migrants' Rights Network is a UK charity that stands in solidarity with all migrants in their fights for rights and justice.  
**<https://migrantsrights.org.uk/>**

## The Muslim Community Helpline

The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.  
**0208 908 6715 / 0208 904 8193**  
**ess4m@btinternet.com**

# Riverside Women's and Men's Groups in Knowsley



## 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**

### **Minerva Women's Group**

Women's clubs across Liverpool offering activities, trips, and friendship in a friendly atmosphere.  
St Marys Millennium Centre, Meadow Lane, L12 5EA  
**0151 228 1998**

## Men's Groups

### **JourneyMEN**

Offer practical activities designed to tap that potential, address the causes of mental ill-health and aid recovery.  
<http://journeymencic.com>  
56 Chester Street, Birkenhead, CH41 5EA  
**0151 792 9159 enquiries@journeymencic.com**

### **Peloton Liverpool Ltd: 'Joy Ride'**

A cycling club to support men in recovery, whilst providing an opportunity to socialise, exercise and build skills. L13 9AF  
**danny@peloton.coop**

### **Ellergreen Community Centre - JAM**

'Just Average Men' Men's Group open to men of all ages delivering activities as a group.  
Monday 10 am to 12 pm  
Ellergreen Road, Liverpool, L11 2RY  
**0151 233 3337 ellergreen@altvalley.co.uk**

### **Sean's Place**

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

### **Reach Mens Centre**

The Reach Mens Centre, 6-7 The Palatine, Strand Shopping Centre, Bootle, L20 4SN  
**07504565764 or 0151 245 6925**

### **Andys Man Club Liverpool**

**info@andysmanclub.co.uk**

### **James' Place Liverpool**

Offer free, life-saving treatment to suicidal men  
**0151 303 5757 liverpool@jamesplace.org.uk**



## LGBTQ+

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

The Beat Hanover Street/David Lewis Street  
Liverpool L1 4AF

**0151 317 8581** [Tss.merseycare@nhs.net](mailto:Tss.merseycare@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-](https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/)

[Writing-And-Book-Group-MeetUp-Merseyside/](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)

# Riverside

## Additional Support



### 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**

24/7 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)



### 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)**



# Additional Support in Knowsley



## **Mosscroft Community Centre**

Community activities and events such as youth clubs, courses, playgroups and fitness classes.

Mosscroft Community Centre, Longview Drive, Huyton, L36 6EA

**0151 489 2436**

## **Bryer Road Community Centre**

Bryer Road, Prescot, L35 5DW

**07840 172 440**

## **@our HUB**

Community Support Hub

39 Manor Farm Road, Huyton, L36 0UB

**07840 172 440**