



Riverside South and Central Liverpool Support Directory



Contents

Food Support Services

- Food Banks
- Food Pantries
- Community Shops and Food Stores
- Additional Support
- Community Groups

Furniture Resources

- Charity Shops
- Charities
- Resources

Cost of Living Support

- Council Support
- Libraries
- Debt Support Services
- Community Groups and Organisations
- Fuel and Energy Support

Welcoming Spaces

- Community hubs

Digital Inclusion Support

- National Organisations
- Organisations and groups
- Libraries

Young People Services

- Children's Centres
- Youth Services
- Family Support

Older People Services

- Local Support Services
- Local Activity Groups

Mental Health and Wellbeing Support

- National Support
- Support Groups

Disability Support

- National Support
- Local Support

Domestic Abuse Services

- National Support
- Local Services

Migrant and Multi-Cultural Support

Additional Support Services

- LGBTQ Services
- Sexual Violence Support
- Hate Crime

Food Support in South and Central Liverpool



Council Support

You may be able to get help with essential costs from your local council. This is sometimes known as 'the Household Support Fund'. This could help if you're struggling to afford things like:

- **energy and water bills**
- **food**
- **essential items**

Your council may also offer food vouchers to families during the school holidays.

Who the Household Support Fund is for

Funding is aimed at anyone who's vulnerable or cannot pay for essentials. You do not have to be getting benefits to get help from your local council.

If you get benefits, they will not be affected if you get a payment from a Household Support Fund scheme.

Find out about schemes in your area

Councils decide how to run their schemes. There may be differences in:

- **If you can apply**
- **if or how you need to apply**
- **who money is given to**

For example, some councils share out money through local charities and community groups and some limit household applications to one per year.

Check with your local council to find out what support is available.

<https://www.gov.uk/find-local-council>

Trussel Trust

Food banks in the Trussel Trust network welcome and support everyone who is referred to them,. Volunteers will give a minimum of three days' emergency food.

How to get a food voucher

In order to get help from a food bank you will need to be referred with a voucher, which can be issued by a number of local community organisations (for instance schools, GPs and advice agencies). Your local food bank can advise which agencies can help.

You can search food banks local to you by visiting: <https://www.trusselltrust.org/get-help/find-a-foodbank/>

If you live in England or Wales please call Help through Hardship for free to talk confidentially to a trained Citizens Advice adviser on: **0808 208 2138** **Monday to Friday, 9 am to 5 pm. Closed on public holidays.)**

They can help address your crisis and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank.

Trussell Trust Helpline - 0800 915 4604
Open Monday to Friday 9 am to 5 pm

Food Support in South and Central Liverpool



Feeding Britain

Feeding Britain supports a national network of 80 organisations – ranging from community centres and schools, to local authorities and social enterprises.

To find your local centre please visit

<https://feedingbritain.org/about-us/where-we-work/>

Your Local Pantry

Pantries stock a wide range food including fresh fruit and veg, frozen and chilled food, meat and dairy products, and long-life tinned and packaged food. To find your local pantry visit

<https://www.yourlocalpantry.co.uk/pantry-listings/>

Independent Food Aid Network

Across the UK there is a growing network of food banks, food distribution charities and local support hubs. To find one nearest to where you live, search the Independent Food Aid Network's interactive map.

<https://www.google.com/maps/d/u/0/viewer?mid=15mnlXFpd8-x0j406Ck6U90chPn4bkbWz&ll=54.09489700993946%2C-2.757892499999981&z=6>

Community Shops

Community Shop membership is free and open to those who live locally to a Community Shop store and receive a means-tested benefit. If you think you may be eligible, find your nearest Community Shop and contact them directly about membership.

<https://www.companyshopgroup.co.uk/company-shop/store-locations/>
<https://communitygrocery.org.uk/our-locations/>

National Organisations

Too good to go

On the Too Good To Go app, restaurants, cafes and bakeries list leftover food that would otherwise be thrown away. Users can then browse the map for food near them and pick up a 'magic bag' for a fraction of the original retail cost. Registration to the app is free and users can specify their dietary requirements.

<https://www.toogoodtogo.com/en-gb>

Olio

Olio provides a platform for neighbours to share unwanted food and other items, all for free. People are free to share or pick up anything from an unwanted gift, produce that's on its date from a local store, leftover event catering supplies or excess food that won't get eaten.

<https://olioapp.com/en/>

Karma

The Karma app enables users to rescue fresh food from restaurants, bakeries, cafes and even wholesalers that would have otherwise been thrown away.

<https://save.karma.life/>

NoWaste

NoWaste users can scan receipts and barcodes, log each weekly shop, make lists of what's in, plan meals more effectively and receive automatic expiration reminders.

NOSH

Nosh is an app offering another option to track the food you have in your home. With nosh, users can view categorised expiry and use by dates all on one screen, so they can easily prioritise which foods to use up first.

Food Support in South and Central Liverpool



Food Banks

Bridge Chapel Centre

Heath Road, Garston, Liverpool, L19 4XR
0151 281 9716

Open Monday and Friday 10.30 am to 12 pm

Noah's Ark Centre

Ganworth Road, Speke, Liverpool, L24 2SA
0151 475 1468

Open Tuesday and Thursday 10 am to 12 pm

St. Mark's Church

Cranwell Road off Hartsbourne Avenue
Childwall Valley, Liverpool, L25 1NZ
0151 792 9067

Open Saturday 10 am to 12 pm

Netherley Youth and Community Initiative

St. Gregory's Church, Damson Road
Netherley, Liverpool, L27 8XR
0151 487 6421

Open Thursday 10 am to 12 pm

Frontline Centre

147 Lawrence Road, Liverpool, L15 3HA
0151 733 3373

Open Monday and Wednesday 1 pm to 3 pm

Deeper Life Bible Church

Solway St East, L8 0QL

**Open Thursday 2 pm to 4 pm and Saturday
12 pm to 2 pm**

St. Mary's Church

South Drive, Wavertree, L15 8JJ

Open Friday 1 pm to 3 pm

Jubilee Church

The Hub, Ramilies Road, nr Penny Lane, Mossley Hill,
L18 1ED

Open Saturday 10.30 am to 12 pm

Micah Liverpool

Food bank pantry sessions are open to anybody in
need, where we will provide an emergency 3 day food
parcel once a week, for four weeks.

The Parish Church of St Vincent de Paul

13 Hardy Street, Liverpool L1 5JN
0151 709 8589

Open Tuesdays 10.30 am to 12.30 pm

St Brides Church

Percy Street, Liverpool L8 7LT
01513782131

Open Thursdays 10.30 am to 12.30 pm

Pantries

St Anne's Pantry

St Annes Church, Overbury Street, Liverpool L7 3HJ,
07795963466

Weekly Fee £3.50

Open Tuesday 1 pm to 3 pm

St. Dunstan's Church Community Market

Saint Dunstan's Parish Church, Earle Road,
0151 702 7206

Open Wednesday 10 am to 12 pm

Love Wavertree Food Club

203 Picton Road, Wavertree, Liverpool L15 4LG

Weekly Fee £3.50

Saturday 10.30 am to 3 pm

Food Support in South and Central Liverpool



KITCHE

The free app has thousands of recipe suggestions that users can filter by the ingredients in their kitchen that need to be used up.

OddBox

Oddbox is a subscription service that delivers straight to your door, fruit & veg that is considered either too large or too small to be sold in supermarkets. When you sign up to Oddbox, you'll need to decide what you would like to be sent and how often. You can choose fruit, vegetables or a selection of both and have them delivered each week or fortnightly.

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

Kids Eat Free Deals

Many restaurants, Supermarkets, Cafes and pubs will have Kids Eat Free Deals. You can find a list at Money Saving Expert.

<https://www.moneysavingexpert.com/deals/cheap-restaurant-deals/#kids>

ASDA

If you dine in at any Asda Café (there are 205 of them) you can get a free bowl of porridge and a hot drink from 8am to midday every day of the week until Wednesday 20 March. There's no minimum spend, so just order at the counter.

Salvation Army

Run food banks year-round from many of their churches and community centres. To find the closest centre to you visit.

<https://www.salvationarmy.org.uk/map-page>

Bread and Butter Thing

Their mobile food clubs give access to nutritious and affordable food taken into the heart of communities. This low cost weekly shop provides essential produce for family eating – fresh fruit and veg, fridge favourites and cupboard staples.

Find your nearest hub by visiting

<https://www.breadandbutterthing.org/become-a-member>

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

HAF Programmes

The HAF programme provides free holiday provision, including healthy food and enriching activities, for children in receipt of benefits-related free school meals in England.

To find a programme near you, visit your local council website.

Love Wavertree Food Club

203 Picton Road, Wavertree, L15 4LG

Weekly Fee £3.50

Open Saturday 10.30 am to 3 pm

L8 Food Market

St Bede's Church, Fern Grove, Toxteth,

Donation based

Open Monday 12.30 pm to 2.30 pm

L15 Food Hub

Frontline Centre Corner Of Lawrence Road &

Wellington, Liverpool, L15 3HA

£10 per month or £3.50 per week

Open Wednesday and Thursday 10.30 am to 12 pm

Christ Church Toxteth Park Pantry

Christ Church, Toxteth Park, Linnet Lane, L8

Weekly Fee £3.50

Open Tuesday 1 pm to 3 pm

Dingle Pantry

St Cleopas C of E Church, Liverpool, Mill Street,

Weekly Fee £3.50

Open Thursday 12 pm to 2 pm

Everyone's Aigburth

361 Aigburth Road, Liverpool L17 0BP

Weekly Fee £3.50

Open Wednesday 1 pm to 3 pm

Everyone's Aigburth

361 Aigburth Road, Liverpool L17 0BP, UK

Weekly Fee £3.50

Open Wednesday 1 pm to 3 pm

St Mary's Grassendale Food Pantry

St Mary's Church Hall, St Mary's Road, L19 0NE

Weekly Fee £3.50

Open Wednesday 12 pm to 2 pm

Community Grocery Liverpool

Hillsong Church, 7 Mann Street, L8 5AF

£5 membership per year, £4 per shop

Open Monday to Friday 9.30 am to 3.30 pm

Toxteth Fire Fit – NBIL Mobile Store

Toxteth Fire Fit Hub, Upper Warwick Street

Free fruit and veg, 10 items for £5.00

Open Thursday 10.30 am to 12 pm

Garston Wood Cutters Social Club – NBIL Mobile Store

Chesterton Street, Garston L19

Free fruit and veg, 10 items for £5.00

Open Monday 10 am to 11.30 am

St Aidan's Pantry

10 Eastern Avenue, Speke, Liverpool L24 6SZ

Weekly Fee £3.50

Open Tuesday 10 am to 1 pm

Fans Supporting Foodbanks Mobile Pantry Netherley Youth and Community Initiative 41

Damson Rd, Liverpool, L27 8XR

Weekly Fee £3.50

Open Wednesday 10 am to 12 pm

Fans Supporting Foodbanks Mobile Pantry The Greenhouse Project

Tiber Street Site, Lodge Lane, Tiber St, Toxteth,

Weekly Fee £3.50

Open Thursday 10 am to 12 pm

Fans Supporting Foodbanks Mobile Pantry: St Mary's Millennium Centre

West Derby, Meadow Lane, Liverpool, L12 5EA

Weekly Fee £3.50

Open Friday 10 am to 12 pm

8 Dovecot Place Food Club

8 Dovecot Place, Liverpool L14 9BA, UK

£3.50 for 10 items or £5 for 15

Open Monday 10 am to 12.30 pm

The Joseph Lappin Centre Food Club

Mill Lane, Old Swan, Liverpool, L13 5TF

Weekly Fee £3.50

Open Monday 12 pm to 2 pm

Kensington Fields Pantry

24 Hall Lane, L7 8TQ

Weekly Fee £3.50

Open Tuesday 11 am to 3.30 pm

ASK Liverpool Food Pantry

300 Kensington, Liverpool L7 2RN

Weekly Fee £3.50

Open Wednesday 1.30 pm to 3 pm

The Drive Food Club

235A Finch Lane, Dovecot, L14 4AE

Weekly Fee £3.50/£5

**Open Monday 4 pm to 6 pm, Wednesday
12 pm to 2.30 pm, Friday 12 pm to 2.30 pm**

Community Kitchens

FoodCycle Dingle

St Cleopas C of E Church, Liverpool, 400 Mill Street, Dingle

No Cost

Open Wednesday 7 pm

Aplace2B

St Cuthbert's Church, Langley Close, L12 0NB

No Cost

Thursday, 11:30 am to 2:30 pm

Social Supermarkets

Lee Valley Millenium Centre Social Supermarket

Childwall Valley Road, Liverpool, L25 2PR

Open Monday to Friday 10 am 2 pm

Torrington Drive Social Supermarket

The Hub, New Hutte Community Centre, Lichfield Road, Liverpool, L26 1TT

Open Tuesday and Thursday 9 am to 3 pm

C3 Church Community Market

C3 Liverpool, 79-81 Kempston Street, L3 8HE

£1.50 for 15 items

Open Friday 10.30 am to 12.30 pm

Community Gardens

The Secret Garden

The Secret Garden, Stoneycroft, Liverpool

No Cost

Open Wednesday 10 am to 12 pm

The Secret Garden

The Secret Garden, Stoneycroft, Liverpool

No Cost

Open Wednesday 10 am to 12 pm

Friends of Springfield Park

Springfield Park, East Prescot Road, L14 5AB

No Cost

Open Monday to Sunday

Hope Community Garden

St Margaret of Antioch Church, Princes Road, Toxteth

Open Friday 10 am to 2 pm

Grow Speke

Ganworth Rd, Speke, Liverpool L24 2SS

No Cost

Tuesday to Friday - 10 am to 3 pm

Broadgreen Hospital Community Garden

Broadgreen Hospital, Thomas Drive

Open Monday to Sunday

Mobile/Traveling Services

Queen of Greens

Queen of Greens bus brings affordable fresh fruit and vegetables to communities across Liverpool and Knowsley

<https://www.feedingliverpool.org/community-food-spaces/queen-of-greens-bus-stop-map/>



Furniture Support in South and Central Liverpool



Local Council Support

Your local council may be able to help you get hold of items of furniture – as well as helping with other issues, such as debt advice, food and fuel poverty. They do this through what are known as their local welfare assistance schemes (LWASs), also known as local welfare provision (LWP) or crisis support.

Not all councils have these schemes, and some do not provide help with furniture and white goods. If they do help with furniture, most provide it for free, while others will only offer you a loan to get the items yourself. You can usually only apply a limited number of times within a given period.

Most local authorities with a scheme only help with the most essential items such as a cooker, fridge/freezer, and bed. Some will also provide a washing machine, sofa and wardrobe. Many schemes also provide other support beyond furniture, such as help with utility bills and food.

If your council doesn't have a scheme, they will be offering some sort of support through their allocation of the Household Support Fund so we have now included links to every local authority scheme. Authorities are using this funding in different ways, a few are using it for furniture and appliances so do have a look at the link. Local authorities also provide other support such as advice on any additional benefits that you may be entitled to so it is worth getting in touch with them.

To find the details of your local council visit
<https://www.gov.uk/find-local-council>

End Furniture Poverty

End Furniture Poverty have a list of resources and advice on their website on how to access new and preloved furniture.

<https://endfurniturepoverty.org/>

Reuse Network

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

You can search charity shops, projects and groups near you who offer affordable household items including furniture, electrical appliances, IT equipment and more.

Search by visiting

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

Charities

Glasspool Trust

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

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

Buttle UK

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

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

Family Fund

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

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

Furniture Support in South and Central Liverpool



Facebook Groups - There are several groups on Facebook that offer free or low-cost furniture. **To find groups search Help Groups or Bargain Groups in your area.**

Second Hand Furniture Websites
Facebook Marketplace and Groups
Gumtree
Freecycle
Pre-Loved
Freeads
VivaStreet
Freegal

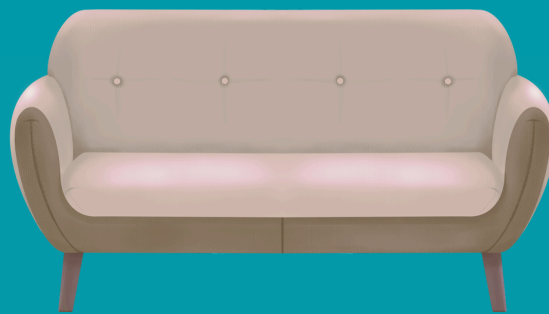
Charity Shops - There are many charity shops that sell low-cost second-hand cost second hand furniture. These include:

Barnardo's Donation Centres
Age UK
British Heart Foundation Furniture Furniture and Electrical Stores
Red Cross
Cancer Research
Oxfam
Salvation Army
Local Hospice Charities

UK Furniture Bank

UK Furniture Bank in partnership with the referring including social services and community centres. There are some costs involved, although these are kept to a minimum. **They only accept requests direct from your Support Worker, Housing Officer, Welfare Worker, or local Faith Organisation, who must apply on your behalf.**
<https://theukfb.co.uk/furniture-request-form>

Furniture Support in South and Central Liverpool



Charities

Bulky Bobs Furniture World

129-139 London Road, Liverpool, L3 8 JA
0151 305 5200

Big Help Project

Offers a wide range of support
212 Boaler Street Liverpool L6 6AE
Free Phone 0808 275 9925
Hello@bighelpproject.com

Recipro (UK) Ltd

Work with suppliers and contractors, who donate unwanted, surplus building materials to which they can sell on at hugely discounted rates
Unit 2 Britannia House, Dock Road, CH41 1DF
0151 639 0651

Furniture Charity Shops

Barnardo's Furniture Stores

Wavertree Donation Centre

Unit 27 Wavertree Road, Wavertree Retail Park,
Liverpool, L7 5LZ
0151 7340932

Walton Road Donation Centre

162 Walton Road, Walton, Liverpool, L4 4AZ
0151 2077222

Church Road Donation Centre

Units 2-3 Penny Lane Retail Park, Church Road,
Allerton, Liverpool, L15 9EB
0151 7344898

Oxfam

609-613 Smithdown Road L15 5AG
0151 733 6641

Roy Castle

Smithdown Rd, Wavertree, L15 5AH
01517339582

Claire House

Unit F, Hunts Cross Shopping Centre, L24 9GB
0151 486 7884

Emmaus Merseyside Charity Superstore

42-44 Sandy Rd, Seaforth, Liverpool L21 3TW
0151 928 1588

British Heart Foundation Tuebrook Furniture & Electrical Store

509 West Derby Road, Tuebrook, L6 4BW
0151 515 4460

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

Cost of Living Support in South and Central Liverpool



GOV.UK

The GOV.UK website has a list of resources to help support those who are struggling due to the cost-of-living crisis.

<https://www.gov.uk/>

Benefits and Financial Support

There are several benefits that you may be eligible for including:

Universal Credit - If you're on a low income, you're out of work or you cannot work

Carer's Allowance - If you care for someone who gets certain benefits at least 35 hours a week

New Style Employment and Support Allowance (ESA) - If you have a disability or health condition that affects how much you can work or if you need support to get back into work.

New Style Jobseeker's Allowance (JSA) - If you need help when you're looking for work

Access to Work - If you have a physical or mental health condition or disability you may be able to receive support to help you stay in work.

To find out what benefits and support you may be eligible for visit

<https://www.gov.uk/cost-of-living/benefits-tax-work>

Help for Households

See what support is available to help with the cost of living and save money with our energy saving tips.

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

Personal Independence Payment

Personal Independence Payment (PIP) can help with extra living costs if you have both:

- a long-term physical or mental health condition or disability
- difficulty doing certain everyday tasks or getting around because of your condition

You can get PIP even if you're working, have savings or are getting most other benefits.

To find out more visit - <https://www.gov.uk/pip>

Citizens Advice

The national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

You can contact an adviser through the national phone service: Adviceline (England): **0800 144 8848**

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: **18001** then the Adviceline or Advicelink number

You can use Relay UK with an app or a textphone. There's no extra charge to use it.

Adviceline's available 9am to 5pm, Monday to Friday. It's usually busiest at the beginning and end of the day. It's not available on public holidays.

To find your nearest Citizens Advice visit <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

Cost of Living Support in South and Central Liverpool



Citizens Advice

Full debt and consumer advice service in England and Wales. Many have specialist case workers to deal with any type of debt, including repossessions and negotiation with creditors. If you live in England or Wales, get in touch by:

Web chat: The web chat service is open Monday to Friday, 8am - 7pm and Saturday 9.30am - 1pm (except bank holidays).

0800 240 4420 (debt helpline) The debt helpline is available 9am to 5pm, Monday to Friday (excluding bank holidays).

Step Change Debt Charity

Online support is available via the debt advice tool where you can create a budget and get a personal action plan with practical next steps. .

0800 138 1111 Opening times: Monday to Friday, 8am to 8pm, Saturday, 8am to 2pm (closed on Sundays and bank holidays).

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

National Debtline

National Debtline provides free advice and resources to help people deal with their debts. Advice is available over the phone, online and via webchat.

0808 808 4000 Opening times: Monday to Friday, 9am to 8pm, Saturday, 9.30am to 1pm.

<https://www.nationaldebtline.org/about-us/>

Debt Advice Foundation

Debt Advice Foundation is a debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt.

0800 043 40 50 Monday to Friday 8am to 6pm

Christians Against Poverty

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

<https://capuk.org/>

PayPlan

PayPlan offer free, simple debt advice to anyone who needs it. When you go to them for debt advice, they will show you all the different debt solutions that are out there so you've got a clear idea of what your options are, and how each one could help you. They can also advise you on what the best solution is for your circumstances, plus any other options that might work for you.

0800 316 1833 Available between 8am to 8pm Monday to Friday and 9am to 3pm on Saturday.

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

Community Monday Advice

Community Money Advice (CMA) is a charity dedicated to supporting and helping community groups, churches and groups of churches set up free, face to face debt & money advice centres in their neighbourhood.

<https://www.communitymoneyadvice.com/freedom-from-debt/get-help>

Turn2Us

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

You can use their free Benefits Calculator and Grants Search to find out what help you can get.

<https://www.turn2us.org.uk/>

Cost of Living Support in South and Central Liverpool



Council Support

Sustainable Warmth Fund grant

The Sustainable Warmth Fund is a government scheme that the Liverpool City Region Combined Authority has secured for local residents to make homes greener and warmer. It is also known as the Green Homes Grant. Search sustainable warmth grant on the Liverpool City Council website to apply

Help with Council Tax debt and managing money

Citizens Advice Liverpool - 0300 330 1196 or WhatsApp and SMS: 07468 533492

Money Advice Service - 0300 500 5000

National Debt Line - or call 0808 808 4000

Benefits maximisation team

<https://liverpool.gov.uk/benefits/advice-and-support/benefits-advice/>

Libraries - One Stop Shops

Garston Library

Bowdon Road, L19 1QN

0151 233 3069

Open Monday to Friday 9 am to 4.30 pm

Kensington Library

Kensington, L7 2RJ

0151 233 3069

**Open Monday and Wednesday 10 am to 6 pm
and Thursday and Friday 10 am to 5 pm**

Speke Parklands Library

Conleach Road, Speke, L24 0TY

0151 486 2227

Monday to Friday 9 am to 4.30 pm

Lee Valley Library

Childwall Valley Road, L25 2RF

0151 233 3000

Open Tuesday 10 am to 6 pm

Thursday and Friday 10 am to 5 pm

Saturday 10 am 4 pm

Old Swan Library

Prescot Road, Old Swan, L13 5XG

0151 233 3069

Open Monday and Tuesday 10 am to 6pm,

Friday 10 am to 5 pm and Saturday 10 am to 4 pm

Credit Unions

Central Liverpool Credit Union

141 Park Street, Liverpool, L8 6QF

centralcu.co.uk

0151 708 5515 enquiries@clcu.co.uk

Enterprise Credit Union

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

enterprisecreditunion.org

0151 482 0177 contact@enterprisecreditunion.org

Lodge Lane and District Credit Union

81 Lodge Lane Liverpool Liverpool L8 0QE

0151 734 2561

lodgelane.creditunion@phonecoop.coop

Partners Credit Union

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

partnerscreditunion.co.uk

0151 258 1014

enquiries@partnerscreditunion.co.uk

Riverside Credit Union

Garston Business Centre, 2 – 4 St Mary's Road

Garston, Liverpool, L19 2RY

riversidecreditunion.co.uk

0151 448 0565 info@riversidecreditunion.co.uk

Cost of Living Support in South and Central Liverpool



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.

Liverpool South CAP Debt Centre

8-12 Long Lane, Garston, Liverpool, L19 6PF

07841 657385/ 0800 328 0006

ollyhargreaves@capuk.org

Granby Toxteth Development Trust (GTDT)

129d Lodge Lane, Liverpool, L8 0QF

0151 734 4925

learn@gtdt.co.uk

The Florrie

377 Mill Street, Liverpool, L8 4RF

0151 728 2323

Speke Baptist Church at the Noah's Ark Centre

Noah's Ark, Ganworth Road, Speke, L24 2SA

0151 475 1468

speke-baptist@hotmail.co.uk

Kensington Fields Community Association (KFCA) - information and advice

Hall Lane, Kensington, L7 8TQ

0151 708 9107

hello@kfca.co.uk

Lark Lane Community Centre: Services and Projects

The Old Police Station, 80 Lark Lane, L17 8UU

The Life Rooms Lee Valley

The Life Rooms Lee Valley, Lee Valley Millennium Centre, L25 2PR

0151 478 6556

Cost of Living Support in South and Central Liverpool



Government Support

Find a Job in England, Scotland or Wales through the government's official job vacancy service that offers a simple way for people to search for the latest jobs.

Find additional job opportunities through the Job Help website.

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

Apprenticeship's

An apprenticeship combines practical training in a job with study.

You can start an apprenticeship if you're:

- 16 or over - there's no upper age limit
- not in education (full or part-time)

You can have a previous qualification, like a degree, and still start an apprenticeship.

<https://www.gov.uk/apply-apprenticeship>

Learn online for free

Learn online for free with The Skills Toolkit, where you can access more than 70 courses in digital, numeracy and employability skills.

<https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

Get a free Level 3 qualification

If you are 19 or over and don't yet have A levels or equivalent you can now take your first Level 3 qualification for free. There are hundreds of free

courses available linking to jobs in sectors such as building and construction, health and social care, accounting, engineering, environmental conservation and more.

To find out more visit

<https://www.gov.uk/guidance/free-courses-for-jobs>

The Job Entry Targeted Support Scheme

The Job Entry Targeted Support scheme is providing six months of personalised support for people who have been unable to find work within the first 3 months of unemployment.

To find out more visit <https://www.gov.uk/>

Get support from a work coach

Work coaches use their experience of the jobs market to help you find opportunities that match your skills, which could include types of work you've never considered before. Get support from your work coach by asking at your nominated Job Centre.

National Careers Service

Provide careers information, advice and guidance. We can help you make decisions at all stages in your career.

Call 0800 100 900 to speak to an adviser.

8am to 8pm Monday to Friday, 10am to 5pm Saturday and bank holidays.

<https://nationalcareers.service.gov.uk/>

Welcoming Spaces in South and Central Liverpool



Libraries

Lee Valley Library

Childwall Valley Road, L25 2RF
0151 233 3000

**Open Tuesday 10 am to 6 pm
Thursday and Friday 10 am to 5 pm
Saturday 10 am 4 pm**

Old Swan Library

Prescot Road, Old Swan, L13 5XG
0151 233 3069

**Open Monday and Tuesday 10 am to 6pm,
Friday 10 am to 5 pm and Saturday 10 am to 4 pm**

Garston Library

Bowdon Road, L19 1QN
0151 233 3069

Open Monday to Friday 9 am to 4.30 pm

Kensington Library

Kensington, L7 2RJ
0151 233 3069

**Open Monday and Wednesday 10 am to 6 pm
and Thursday and Friday 10 am to 5 pm**

Speke Parklands Library

Conleach Road, Speke, L24 0TY
0151 486 2227

Monday to Friday 9 am to 4.30 pm

Welcoming Spaces

Allerton United Reformed Church

Mather Avenue, L18 7HD
Friday 10 am to 12 pm

www.allertonurc.org.uk

Smithdown Social (aka Gallery 455)

455 Smithdown Road, Liverpool, L15 3JL

Open Tuesday to Saturday 12 pm to 6 pm

Smithdown Social (aka Gallery 455)

455 Smithdown Road, Liverpool, L15 3JL

Open Tuesday to Saturday 12 pm to 6 pm

Ullet Road Unitarian Church

Delivers various weekly activities

57 Ullet Rd Sefton Park L17 2AA

07828 883484

More to be announced October 2024

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 South and Central Liverpool



National Organisations

Job Centre Support

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

Your work coach will be able to help support you to access further information

Social Tariffs

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

Visit www.ofcom.org.uk and search social tariffs to find out more.

The Department for Education

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work.

To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills

Get Online @ Home

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

<https://www.getonlineathome.org>

Family Fund

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

www.familyfund.org.uk

The Charity Excellence

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

www.charityexcellence.co.uk

The National Data Bank

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

www.goodthingsfoundation.org

National Device Bank

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

<https://www.onlinecentresnetwork.org>

Digital Inclusion Support in South and Central Liverpool



Learning

Learn My Way

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

www.learnmyway.com

Barclays Digital Wings

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

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

FutureLearn

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

www.futurelearn.com

Libraries

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

Allerton Library

Allerton Road, L18 6HG

0151 233 3331

Open Monday, Tuesday, Wednesday and Friday 10 am to 6 pm and Saturday 10 am to 4pm

Garston Library

Bowdon Road, L19 1QN

0151 233 3069

Open Monday to Friday 9 am to 4.30 pm

Central Library

William Brown Street, Liverpool L3 8EW

0151 233 5835

Open Monday to Friday 9 am to 8 pm Saturday 9 am to 5 pm

Childwall Library

Childwall Road, L15 6UT

0151 233 3069

Open Monday to Wednesday 10 am to 6 pm Thursday and Friday 10 am to 5 pm

Dovecot Library

Back Dovecot Place, L14 9BA

0151 228 6446

Open Monday to Friday 8.30 am to 4.30 pm

Liverpool Library Service

Toxteth Library, Windsor Street, L8 1XF

0151 233 2367

Kensington Library

L7 2RJ

0151 233 4047

Open Monday and Wednesday 10 am to 6 pm and Thursday and Friday 10 am to 5 pm

Old Swan Library

Prescot Road, Old Swan, L13 5XG

0151 233 3069

Open Monday and Tuesday 10 am to 6pm, Friday 10 am to 5 pm and Saturday 10 am to 4 pm.

Lee Valley Library

Childwall Valley Road, L25 2RF

0151 233 3000

Open Tuesday 10 am to 6pm, Thursday and Friday 10 am to 5 pm and Saturday 10 am to 4pm

Digital Inclusion Support in South and Central Liverpool



Sefton Park Library

Aigburth Road, L17 4JS

0151 233 3069

Open Wednesday 10 am to 6pm, Thursday and Friday 10 am to 5 pm and Saturday 10 am to 4 pm

Speke Parklands Library

Conleach Road, Speke, L24 0TY

0151 486 2227

Monday to Friday 9 am to 4.30 pm

Toxteth Library

Windsor Street, L8 1XF

0151 233 3069

Open Monday to Wednesday 10 am to 6 pm and Saturday 10 am to 4 pm

Charities and Organisations

Employability Solutions Ltd

NEET, 14-16 years, 16-18 years

52 Wellington Street, L19 2LX

0151 427 4193

Five Children and Families Trust

Conleach Road Liverpool L24 0TW

0151 486 9719

Speke Training & Education Centre

Unit House, Speke Boulevard, Liverpool, L24 9HZ

01514 864933

speketraining@gmail.com

Speke Training & Education Centre Ltd

Garston Children's Centre, Banks Rd, L19 8JZ

07810632879

South Liverpool CAB

Garston Community House, 2 Speke Rd, L19 2PA

01514275337

admin@southliverpoolcab.org.uk

Five Children and Families Trust

Conleach Road Liverpool L24 0TW

0151 486 9719

Speke Training & Education Centre

Unit House, Speke Boulevard, Liverpool, L24 9HZ

01514 864933

speketraining@gmail.com

Speke Training & Education Centre Ltd

Garston Children's Centre, Banks Rd, L19 8JZ

07810632879

South Liverpool CAB

Garston Community House, 2 Speke Road, Liverpool, L19 2PA

01514275337

admin@southliverpoolcab.org.uk

Greenbank College

Greenbank Lane, Liverpool, L17 1AG

01517 337255

Mary.Beaumont@greenbank.org.uk

Alt Valley Community Trust

33 Gladstone Avenue, L16 2LG

0151 546 5514

Netherley Youth and Community Initiative

41 Damson Road, L27 8XR

0151 4876421

Woodlands Community Centre

16 Woodlands Square Liverpool L27 5RZ

0151 487 5298

The Noah's Ark

50 Ganworth Road Liverpool L24 2SA

0151 475 1468



Digital Inclusion Support in South and Central Liverpool



City Of Liverpool YMCA

4 elmbank rd, 15 Leeds Street, LIVERPOOL, L3 6HU
01516003530
jason.thomas@ymcatgether.org.uk

WEA NW (Liverpool)

Suite 405 Cotton Exchange, Old Hall Street, L3 9JR
0151 243 5340
gbarker@wea.org.uk

Liverpool City Council

Liverpool Learning & Development, Water Street,
Liverpool, L3 1AH
0151 233 3038
learning@liverpool.gov.uk

Merseyside Youth Association

Young people who are NEET
MYA, 65-67 Hanover Street, L1 3DY
0151 702 0700

Crisis Skylight Merseyside

96 Kent Street, Liverpool, L1 5BD
0151 2187000
merseyside@crisis.org.uk

The Dyslexia Foundation

Access to Equipment - Open but appointment
needed
37 Colonnades, Albert Dock, L3 4AA
0800 0778763

We are With You

The Foundry, 36 Henry Street, Liverpool, L1 5AY
0151 706 7888
info@wearewithyou.org.uk

Liverpool Cares

Jamaica Street, Liverpool, L1 0AF
07538978499
rachael.forde@liverpoolcares.org.uk

The Women's Organisation

Skills based training
54 St James Street, L1 0AB
0151 706 8111

Riverside Learning And Education Centre

Hyslop Street, Liverpool, L8 5UA
0151 709 3637 info@riversidelec.org

South Central Community Transport (Wheel Meet Again)

The Garage, 294 - 296 Mill Street, L8 6QW
01517 080435
wma03@outlook.com

Liverpool Adult Learning Service

Training and Qualifications
155-163 Park Road Adult Learning Centre L8 6SE
0151 233 1809

Personal Success

Training
15 High Park Street, L8 8DX
0151 474 9051

Granby Toxteth Development Trust

Training
Toxteth Job Centre, High Park Street, L8 8DY
0151 734 4925
toxteth.digitalteam@dwp.gsi.gov.uk

Turn10

Turner Home, Dingle Lane, Liverpool, L8 9RN
0151 727 4177
karol.zwolinski@turnerhomeliverpool.care

Crawford House Enterprise Centre

2 Gwent Street, Off Upper Warwick Street, L8 8DN
0151 9668211
info@crawfordhousepartnership.org.uk



Digital Inclusion Support in South and Central Liverpool



Women's Technology Training Limited

Blackburne House, Blackburne Place, L8 7PE
0151 709 4356

Irish Community Care

151 Dale Street, L2 2AH
07732901780

Liverpool Community Advice

First Floor, 151 Dale Street, Liverpool, L22JH
0151 237 2677
enquiries@liverpoolcommunityadvice.org.uk

CWU Greater Mersey Amal Branch

47 Seymour Street, Liverpool, L3 5PE
07946664275
cwugmersey.learning@gmail.com

Mpower People CIC

The Gateway Conference Centre, 71-75 London Road, L3 8HY
07868 166449
info@mpowerpeople.co.uk

The Brain Charity

Norton Street, L3 8LR
0151 298 2999

KensingtonVision CIC/LCRFM 106.7

53-57, Holt Road, Liverpool, L7 2PN
0151 345 1290
sfaragher@hotmail.com

Kensington Community Learning Centre

291 To 299 Kensington, Kensington, L7 2RG
01512601006 info@kclc.co.uk

Alt Valley Community Trust

Dovecot Multi Activity Centre, L14 9BA
0151 546 5514

Speke Training & Education Centre Ltd

158 Milton Avenue, L14 7PD
07810632879

Voice of Nations

208 Picton Road, Liverpool, L15 4LL
admin@voiceofnations.org.uk

YPAS Plus South Hub

35 Lyndene Road Liverpool L25 1NG
0151 305 2031

Picton & Kensington Children's Centre

139 Earle Road , L7 6HD
0151 233 621

Women and Digital Inclusion CIC - aka WODIN

374 Smithdown Road , L15 5AN
07879053346

Personal Success Training

15 High Park Street, L8 8DX
0151 474 9051

Granby Toxteth Development Trust Training

Toxteth Job Centre, High Park Street, L8 8DY
0151 734 4925
toxteth.digitalteam@dwp.gsi.gov.uk

Turn10

Turner Home, Dingle Lane, Liverpool, L8 9RN
0151 727 4177
karol.zwolinski@turnerhomeliverpool.care

Crawford House Enterprise Centre

2 Gwent Street, Off Upper Warwick Street, L8 8DN
0151 9668211
info@crawfordhousepartnership.org.uk

Youth Provision in South and Central Liverpool



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.

Contact your local council to find out about Sure Start centres in England.

<https://www.gov.uk/find-local-council>

National Support Services

Youth Access

Youth Access works with organisations delivering support for young people. You can search their Find Help page to find support near you.

<https://www.youthaccess.org.uk/our-network/find-help>

National Youth Advocacy Service

The Get Support page offers a wide range of advice, guidance and support available for many issues affecting young people.

<https://www.nyas.net/get-support/>

Young Minds

Mental health support for young people, parents and carers. Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

www.youngminds.org.uk

Young Minds Textline: Text YM to 85258

The Mix

At The Mix, trained staff provide help for young people aged 11-25. This Mix isn't just about young people and mental health, they also provide support for relationship issues, working life, school life, housing, depression and any other issues all year round.

Support Available.

Crisis Messenger: If you feel like you can't cope or are worried about how you are feeling, you can contact the crisis messenger 24 hours a day, 7 days a week by texting **THEMIX** to **85258**. The text messaging support service is free and for any issue.

Email Support: The Mix can help you find the information you need.

<https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

One-to-one chat One to one chat allows you to live message trained helpline supporters about any issue that is troubling you. The one-to-one chat is open from 4pm to 11pm, Monday to Friday.

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

Mind - Useful contacts for supporting Children and young people

<https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/>

Youth Provision in South and Central Liverpool



Kooth – Online Counselling and Support (11-25)

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

**Access through www.Kooth.com
0203 984 9337 contact@kooth.com**

PAPYRUS

PAPYRUS is the national charity dedicated to the prevention of young suicide.

HOPELINE247 advisers want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

- For children and young people under the age of 35 who are experiencing thoughts of suicide
- For anyone concerned that a young person could be thinking about suicide

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Line are open 24 hours every day of the year (Weekends and Bank Holidays included)

*If you are not able or prefer not to speak English, please request Language Line when calling for support.

Safe4Me

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

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

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/>

Virtual KEEN

Inclusive online activities for young people

www.keenuk.org/virtualkeen

Support for different identities and communities

Bayo - An online search tool to find mental health and wellbeing support or services, run by and for the Black community.

bayo.uk

Being Gay is OK - Provides advice and information for LGBTQIA+ people under 25.

bgiok.org.uk

Kids of Colour - Online platform for young people to learn about race, identity and culture, and to challenge racism. Offers a YouTube channel, summer school and workshops.

kidsofcolour.com

Mermaids UK - Support for transgender, nonbinary and gender-diverse people up to 18. Runs events, local groups, online courses and a webchat.

0808 801 0400

Youth Provision in South and Central Liverpool



Muslim Youth Helpline - Provides faith and culturally sensitive support to young Muslims by phone, webchat, WhatsApp and email.

0808 808 2008
myh.org.uk

The Proud Trust - Support for LGBTQIA+ young people through youth groups, peer support, mentoring schemes and a webchat.

0161 660 3347
theproudtrust.org

Stonewall - Information and advice for LGBTQIA+ people on a range of issues, like coming out and hate crimes. Provides an information phoneline for people and their families.

0800 050 2020
stonewall.org.uk

Switchboard - Provides a helpline, webchat and nationwide database of LGBTQIA+ services. A safe space to discuss topics like sexuality, gender identity and wellbeing.

0800 0119 100
hello@switchboard.lgbt
switchboard.lgbt

Support for grief, trauma and abuse

Help 2 Make Sense - Advice and resources for coping with grief, plus an email helpline and webchat. **help2makesense.org**

Child Bereavement UK - Help for children, young people, parents and families after the death of someone close. Offers support through local services, groups for young people, plus films and blogs.

0800 028 8840
childbereavementuk.org

Hope Again - Information, resources and support for young people coping after the death of someone close.

0808 808 1677
hopeagain@cruse.org.uk
hopeagain.org.uk

Kidscape - Information and advice for young people, parents and carers with concerns about school bullying and abuse.

kidscape.org.uk

Stop Hate UK - Offers a 24-hour phone and text service for people under 18 who have experienced or seen a hate crime. Provides an online service for reporting hate crimes.

0808 801 0576
07717 989025 (textline)
stophateuk.org

Victim Support - Emotional and practical support for people affected by crime and traumatic events. Offers specific information for young people.

0808 168 9111

Youth Provision in South and Central Liverpool



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.

Belle Vale Children's Centre

Hedgefield Road, L25 2RW

0151 233 1705

bellevalecc@liverpool.gov.uk

Childwall and Woolton Children's Centre

Rudston Primary School, Rudston Road, L16 4PQ

0151 233 5733

childwallandwooltoncc@liverpool.gov.uk

Church and Mossley Hill Children's Centre

Herondale Rd (Dovedale Infant School), L18 1JX

07849 300 061

churchandmossleyhillcc@liverpool.gov.uk

Granby and Dingle Lane Children's Centre

Matthew Arnold Primary School, Dingle Lane, L8

0151 233 4930

dingle.childrenscentre@liverpool.gov.uk

Garston Children's Centre

70 Banks Road, Garston, L19 8JZ

0151 233 6868

garstoncc@liverpool.gov.uk

Hunts Cross Children's Centre

Kingsthorpe Road, Hunt's Cross, L25 0PJ

0151 233 3733

huntscrosscc@liverpool.gov.uk

Kensington Children's Centre

23 Quorn Street, L7 2QR

0151 233 1200

pictoncc@liverpool.gov.uk

Picton Children's Centre

139 Earle Road, L7 6HD

0151 233 1200

pictoncc@liverpool.gov.uk

Speke Children's Centre

Conleach Road, Speke, L24 0TW

0151 486 9719

info@fiveforfamilies

Wavertree Children's Centre

85 Wellington Road, Wavertree, L15 4LE

0151 233 6870

wavertreecc@liverpool.gov.uk

Yew Tree Children's Centre

Berryford Road Dovecot, L14 4ED

0151 296 7950

yewtreecc@liverpool.gov.uk

Youth Provision in South and Central Liverpool



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>

Autism in Motion

St Georges hub, Waresley crescent L9 6BW
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

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

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

Harthill Youth Centre

Wellington Road, Wavertree, L15 4JN
0151 734 6262

Mab Lane Youth Centre

Croxdale Road, Liverpool, L14 8YA
0151 220 7283

Edge Hill Youth and Community Centre

79 Durning Rd, Liverpool, L7 5ND
0151 263 292/ 07968 261765

The Mobile Youth Project

Hanover Street, Liverpool, L1 3DY
0151 236 2344

Woolton Youth and Community Centre

High St, Woolton, Liverpool, L25 7TD
0151 428 4481

St Cyrils Community & Youth Project

Inclusive Support for Young people
84 Southbrook Road, Liverpool, L27 1YW
0151 488 6405



Riverside Youth Provision in South and Central Liverpool



Valley Community Theatre

Half term support and after school activities
Childwall Valley Road, Netherley, L27 3YA.
0151 488 0364 info@valleytheatre.co.uk

Childwall Youth & Community Centre

Lyndene Road, Liverpool, Merseyside, L25 1NG
0151 722 7395

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

Family Support in South and Central Liverpool



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/>

TPC Therapy Ltd

Mental Health and Emotional Wellbeing Service, supporting Children and Young People.

07852 218 782

Merseyside Family Support (POPS)

Supporting families with a loved one in prison
Room 110, 58 Breckfield Road South L6 5DR

07471 037 214

gemmar@partnersofprisoners.co.uk

Children Heard and Seen

Supporting children and families with a parent in prison

07557339258

info@childrenheardandseen.co.uk

Targeted Services for Young People

Working with children, young people and their families from age 10 – 17 (24 for young people with additional needs)

Edgehill Customer Focus Centre, 6-8,
Chatsworth Drive, Wavertree L7 6PT

0151 233 0693

Baby Basics

Hope House, Boaler Street, Liverpool L6 6AE

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

Baby Basics Liverpool

178 Queens Drive, Wavertree, L15 6XX

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

Kindfulness Coffee Club Liverpool

For more information please contact either
Mandy@mykcc.org.uk **Zoe@mykcc.org.uk**

Centre 56 Women & Children's Aid Centre

Rumney Road, Liverpool, L4 1UB

0151 727 1355 hello@centre56.org.uk

Growbaby Growbaby provides good quality second-hand clothes and equipment for babies and kids up to age 5.

0151 263 0692

info@southliverpoolvineyard.com

Period and Hygiene Product Support

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

Bloody Good Period -

hello@bloodygoodperiod.com

Morrisons - Package for Sandy

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

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

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

The Trussell Trust

Search the Trussell trust website to find your local centre.

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

Family Support in South and Central Liverpool



Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

<https://www.nhs.uk/start-for-life/>

Family Action

Family Action supports families who are in financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, or substance misuse and alcohol problems.

You can search activities and support local to you by visiting: <https://www.family-action.org.uk/worried/in-your-area/>

Baby Banks

A baby bank works in a similar way to a food bank, but instead of giving out food, families can get free baby items. This can include nappies and toiletries, clothing, cots, prams, highchairs and toys.

Baby banks don't only provide help for babies, however. With some you may be able to get clothing and items for children up to age sixteen. You can find baby banks near you by visiting <https://littlevillagehq.org/uk-baby-banks/> <https://www.babybankalliance.org/baby-bank-map> <https://baby-basics.org.uk/>



Older People Support in South and Central Liverpool

Age UK - Age UK's Advice Line is a free, confidential national telephone service for older people, as well as their families, friends, carers and professionals. The team will give you information that's reliable and up to date and help you access the advice you need.

Age UK Advice Line: 0800 678 1602
Lines are open 8 am to 7 pm, 365 days a year

The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. We provide friendship, conversation and support 24 hours a day, 7 days a week.

Call free on 0800 4 70 80 90

Age UK day centres provide older people with both practical assistance and a chance to socialise, with support from trained staff and volunteers. You can find services in your area by visiting

<https://www.ageuk.org.uk/services/in-your-area/day-centres/>

IT Training - Many local Age UKs offer computer training for older people. In these courses, things are explained clearly and in plain English to help you get online. You can find services in your area by visiting

<https://www.ageuk.org.uk/services/in-your-area/it-training/>

Handyperson service - This service offers older people extra help with small practical jobs to make their lives easier and safer around the home. You can find services in your area by visiting -

<https://www.ageuk.org.uk/services/in-your-area/handyperson-services/>

Social Activities - Each local Age UK has its own timetable of clubs and classes. Examples include Arts & Crafts, Bridge group, Coffee morning, Men in Sheds, Photography club, Pub lunch, Quizzes, Tea dance and much more.

You may need to book a place in the class and you will usually pay a small amount to take part.

You can find services in your area by visiting **<https://www.ageuk.org.uk/services/in-your-area/social-activities/>**

Friends of the Elderly - Grants for older people

Friends of the Elderly's grants programme is designed to assist older individuals facing financial difficulties. Grants can be used to cover essential expenses such as purchasing a new fridge, paying unexpected bills, food, clothing, or covering gas and electricity costs.

<https://www.fote.org.uk/our-charity-work/grants-2/>

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.

08088088141

Ability Net

Ability Net has a UK-wide network of Tech volunteers who offer free technology support to older people and disabled people. You may need help to set up a new device, connect to the internet, have a problem with a computer virus or require support to connect to family and friends online.

0300 180 0028

<https://abilitynet.org.uk/free-tech-support-and-info/about-our-support>



Older People Support in South and Central Liverpool



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

The Brain Charity

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

0151 298 2999

Bradbury Fields

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

0151 221 0888 ext 214

jabdullah@bradburyfields.org.uk

Local Solutions

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

0151 705 2307

healthandwellbeing@localsolutions.org.uk

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

07768 139708 nat@mdfr.co.uk

Fitness For All: Nifty Fifty - exercise for older people

17A Woolton Street, Woolton, Liverpool, L25 5NH

0151 421 0606 office@fitnessfa.co.uk

Liverpool Cares - social club for older people

Sign up to take part in social activities -
<https://liverpoolcares.org.uk/>

07701 352495/ 0151 659 1789

sophie.mason@liverpoolcares.org.uk

South Liverpool Linking Lives

Befriending service aimed at older adults who find themselves requiring some extra friendship and support, and this is provided through weekly home visits.

Mossley Hill Church (St Matthew and St James),
Rose Lane, Liverpool, L18 8DB

07858 570301 southliverpool@linkinglives.uk

Back to Life

Club for people aged 55+ who are cared for and carers, in particular those living with dementia from the Black and Ethnic Minority groups Liverpool communities but not exclusively. All welcome.

Toxteth Town Hall, 15 High Park Street, L8 8DX

07801 236448 jacquim.walker@gmail.com



Riverside

Older People Support in South and Central Liverpool



Daisy Inclusive UK

Supporting disabled and vulnerable people living in the community.

2 Barnes Street, Everton, L6 5LB

0151 261 0309 info@daisyuk.com

Rainbow 50 Plus Community

259-261 Boaler Street, Liverpool, L6 9DH

07795 433970/07717 398475

dee@therainbowcommunity.org

Age Concern Liverpool & Sefton: Friendship service

Friendship service for people aged 50+ in Liverpool and Sefton

0151 330 5678

mail@ageconcernliverpoolandsefton.org.uk

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

Mental Health Support in South and Central Liverpool



National Support - Anxiety and Depression Support

Calm CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year
0800 58 58 58

Samaritans Contact us if you're having a difficult time or if you're worried about someone else.
jo@samaritans.org or call **116 123**

Shout free 24-hour text help

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.
It's a place to go if you're struggling to cope and you need immediate help.

Mental Health Matters - National Support
0191 516 3500 info@mh.org.uk

Depression UK - www.depressionuk.org

Hub of Hope - <https://hubofhope.co.uk>

Addiction

Gambling Support

GamCare - 0808 8020 133

Alcoholic's Anonymous

National Helpline **0800 9177 650**
help@aamail.org

Frank - FRANK helps you find out everything you might want to know about drugs
03001 236 600

Smoke Free Liverpool - YTCC

YewTree Children's Centre, Berryford Rd,
L14 4ED **01512967950**

We Are With You

A service for people over 18, living in Liverpool and people who are worried about either their drug (including prescription drugs) or alcohol use, or someone else's that they know.

Liverpool Central - 0151 706 7888

Liverpool North (Croxtheth) - 0151 546 1141

Liverpool South (Speke) - 0151 541 2856

CATCH Recovery - Addiction Treatment Provider

CATCH Recovery is an outpatient addiction counselling service offering specialised services for people looking for addiction therapy in Liverpool.

0203 468 6602

info@catchrecovery.com

Addiction Advocates

Addiction Advocates provide an important 24 hour telephone service for those suffering from mental health issues and addictions

0800 012 6088 info@addictionadvocates.com

Rehab 4 Alcoholism

Rehab 4 Alcoholism offers a free drug and alcohol advice helpline for people living in Liverpool and the surrounding areas.

0800 111 4108 info@rehab4alcoholism.com

Inclusive Support

Moving On With Life & Learning

Learning and leisure activities for people with learning disabilities, mental health issues and acquired brain injury.

0151 794 2991

Loretta.Essery-Touray@liverpool.ac.uk

Mental Health Support in South and Central Liverpool



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/>

Samaritans - To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or visit some branches in person. To find your local branch visit <https://www.samaritans.org/branches/>

SANEline - If you're experiencing a mental health problem or supporting someone else, you can call **SANEline** on **0300 304 7000 (4.30pm–10pm every day)**.

National Suicide Prevention Helpline UK.

Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652 (6 pm to midnight every day)**.

Campaign Against Living Miserably (CALM).

You can call the CALM on **0800 58 58 58** (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service. <https://www.thecalmzone.net/get-support>

Shout - If you would prefer not to talk but want some mental health support, you could text **SHOUT** to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

Side by Side - Minds online support community. A place to be heard, listen and share. <https://sidebyside.mind.org.uk>

Togetherall - A safe community to support your mental health, 24/7. Get support. Take control. Feel better. <https://togetherall.com/en-gb>

Hub of Hope

The Hub of Hope is the UK's leading mental health support database of local, national, peer, community, charity, private and NHS mental health support and services together in one place. Support available online or through the Hub of Hope App. <https://hubofhope.co.uk/>

Mental Health Matters - National Support service providing help for those struggling with their mental health **0191 516 3500** info@mh.org.uk

Depression UK

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

Mental Health Support in South and Central Liverpool



Talk Liverpool - North office

7 New Hall, Fazakerley, Liverpool, L10 1LD
0151 228 2300 (Mon to Fri 8am to 6pm)
talkliverpool@merseycare.nhs.uk

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

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

Liverpool Bereavement Service Service

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

0151 236 3932 (9am to 5pm)

enquiries@liverpoolbereavement.co.uk

Liverpool Support Services

Liverpool and Sefton

Anyone aged 16 and over, For urgent mental health support, please call our 24/7 freephone helpline: **0800 145 6570**

Mind Clarity CIC

142 Claughton Rd, Birkenhead, CH41 6EY

07877253999

contact.mindclarity@gmail.com

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

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

Fishing the Mind

A community interest group in Liverpool which supports people who may be struggling with mental health through social fishing meet ups in parks or fisheries.

fishingthemind@yahoo.com

Domestic Abuse Services in South and Central Liverpool



If you are in immediate danger, call 999 and ask for the police.

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

Call 999 from a landline

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

If you are deaf or can't use a phone

You can register with the emergencySMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

Bright Sky app

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Ask for ANI codeword

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

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

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

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

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

Helpline - 0808 2000 247

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

Women's Aid

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

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

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

helpline@womensaid.org.uk

Domestic Abuse Services in South and Central Liverpool



National Support - Domestic Abuse

The Police on 101 or in an emergency call 999

The National Domestic Abuse Helpline – 0808 2000 247

Choices – 0800 917 9948

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

0300 999 5428

Rise

Freedom from Abuse and Violence

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

Refuge The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

Victim Support

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police: free, independent and confidential

24/7 Support line - **08 08 16 89 111**

live chat service -

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

My Support Space - free online resource

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

Charities and Grants

Heinz, Anna and Carol Kroch Foundation

Search by visiting

<https://grants-search.turn2us.org.uk/>

Smallwood Trust - www.smallwoodtrust.org.uk

Skinnners Benevolent Trust - www.skinnners.org.uk/sbt

Family Support

NSPCC Helpline - 0808 800 5000

Childline - 0800 1111

Family Action

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

Dogs Trust Freedom Project

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project

Cats Protection Paws Protect

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

www.cats.org.uk/what-we-do/paws-protect

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.

08088088141

Domestic Abuse Services in South and Central Liverpool



National Support - Domestic Abuse

Government Support -

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Support from a Job Centre

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

Citizen's Advice

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

IKWRO Women's Rights Organisation

Support for Middle Eastern, North African and Afghan survivors.

0208906460

07846275246 Kurdish/Arabic and English Speakers

07846310157 Farsi/Dari and English Speakers

Jewish Women's Aid - 0808 801 0500

Muslim Women's Network

0800 999 5786 or 0303 999 5786
info@mwnhelpline.co.uk

Galop

Galop exists to help those who are lesbian, gay, bisexual or trans-plus (LGBT+) suffering domestic abuse, or biphobia, homophobia, transphobia or sexual violence.

800 9995 428.

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

SignHealth

Support for Deaf and hard of hearing
020 39472601 or text 07970 350 366
da@signhealth.org.uk

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

Liverpool Support

Merseyside Domestic Violence Services (MDVS)

PO Box 200, Liverpool, L14 9WU
07802 722703 info@mdvs.org

Local Solutions - Independent Domestic Violence Advisory Service (IDVA)

0151 709 0990 info@localsolutions.org.uk

PSS: Domestic abuse support

0151 702 5500 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

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

Disability Support in South and Central Liverpool



Government Support

There is a wide range of disability-related financial support, including benefits, tax credits, payments, grants and concessions.

Some benefits you might get are:

- Universal Credit
- Personal Independence Payment (PIP) or Disability Living Allowance (DLA)
- Attendance Allowance
- New Style Employment and Support Allowance (ESA)

Vehicles and transport

If you're disabled you can apply for the following:

- exemption from paying vehicle tax
- parking benefits - Blue Badge
- disabled persons bus pass or Disabled Persons Railcard
- help to buy or lease a car from The Motability Scheme

To find out more visit

<https://www.gov.uk/financial-help-disabled>

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. Access to work may pay for

- special equipment, adaptations or support worker services to help you do things like answer the phone or go to meetings
- help getting to and from work
- mental health support
- communication support at a job interview (for example, a British Sign Language interpreter or a lipspeaker)

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

Disability Rights UK

Disability Rights UK is the UK's leading organisation led by, run by, and working for disabled people. To find out more visit <https://www.disabilityrightsuk.org/>

Citizens Advice

Citizens Advice can offer advice, support and guidance in finding what support is available to you. To find out more visit

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/>

Scope

Scope provide practical information and emotional support when it's most needed.

Free disability helpline - **0808 800 3333**

Open Monday to Friday 9am to 6pm. Saturday to Sunday 10am to 6pm.

helpline@scope.org.uk

To access the support services and resources available visit

<https://www.scope.org.uk/advice-and-support/legal-information-and-your-rights/>

Money Helper

The Money Helper website provides resources and information to help those living with a disability to find the support that is available to them.

<https://www.moneyhelper.org.uk/en/benefits/benefits-if-youre-sick-disabled-or-a-carer/charitable-grants-for-ill-or-disabled-people>

RNIB

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

0303 123 9999

Disability Support in South and Central Liverpool



Mencap

Mencap is a UK learning disability charity working with people with learning disabilities and their families and carers.

02074540454

information@mencap.org.uk

www.mencap.org.uk

National Autistic Society

The National Autistic Society is a charity which exists to champion the rights and interests of all people with autism and to ensure that they and their families receive quality services appropriate to their needs.

02078332299 nas@nas.org.uk

www.autism.org.uk

British Institute of Learning Disabilities (BILD)

A charity that exists to improve the quality of life of all people with a learning disability.

01562723010 enquiries@bild.org.uk

www.bild.org.uk

Disability Law Service

Disability Law Service offers a National Advice Line that provides specialist legal advice and information for disabled people, their families and carers.

02077919800 advice@dls.org.uk

www.dls.org.uk

HFT - Family Carer Support Service

The HFT Family Carer Support Service offers a variety of information and support to family carers.

01179061751

familycarersupport@hft.org.uk or info@hft.org.uk

www.hft.org.uk

Respond

Services for people with learning disabilities or autism, who've experienced abuse or trauma.

0207 383 0700 respond.org.uk

United Response

Support in England and Wales for people with learning disabilities, autism and mental health needs. Services include help with housing, supported living, education and employment.

unitedresponse.org.uk

Turning Point

Health and social care services in England for people with a learning disability. Also supports people with mental health problems, drug and alcohol abuse or unemployment.

turning-point.co.uk

Equality Advisory & Support Service (EASS)

Advice on issues relating to equality and human rights, including guidance for disabled people.

0808 800 0082

equalityadvisoryservice.com

Livability

Christian organisation providing care services for disabled people in England and Wales

020 7452 2110

livability.org.uk

Foundation for People with Learning Disabilities (FPLD)

Promotes the rights of people with a learning disability, and their families. FPLD also offer an easy-read online resource to help people with a learning disability to take care of their mental health.

learningdisabilities.org.uk

CHANGE

Helps organisations to support the rights of people with a learning disability. Its services include producing Easy Read resources and providing accessibility training.

changepeople.co.uk

Disability Support in South and Central Liverpool



Support for Carers

Mind

Being a carer can often be stressful and can have an impact on your mental health. Mind offers support to anyone who may be struggling. **Mind's helplines** provide information and support by phone and email.

0300 123 3393 info@mind.org.uk

Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

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

Side by Side is Minds supportive online community for anyone experiencing a mental health problem.

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

Benefits for carers

You might not think of yourself as a carer. But you probably are if you're looking after someone regularly, including your spouse or a family member, because they're ill or disabled.

As a carer, you may be entitled to one or more state benefits to help you with the costs.

To find out more visit

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/benefits-for-carers/>

Carers UK

Carers UK is an online resource for those caring for someone. There is lots of helpful advice, guidance and resources available to support you.

0808 808 7777

advice@carersuk.org

To find out more visit

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

The Carers Trust Network

Carers Trust works with charities across the UK providing support for carers.

<https://carers.org/>

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

Greenbank Sports Academy

Greenbank Lane, Liverpool L17 1AG England

0151 280 7757

Disability Support in South and Central Liverpool



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

Bradbury Fields - Information and Support Services

Bradbury Centre, Youens Way, Liverpool, L14 2EP
0151 221 0888 info@bradburyfields.org.uk

Acorn Adventure Farm

Depot Road, Kirkby, Merseyside, L33 3AR
0151 548 2415 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

NSC CARE ACTIVITY HUB

The Care Activity Hub, Back Gilmooss Lane, Croxteth,
Liverpool, L11 0BD
07540932743/01515466249
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

Migrant and Multi-Cultural Support in Liverpool



Liverpool Muslim Society and Al Rahma Mosque

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

Pagoda Chinese Community Centre

Pagoda Arts Henry Street, Liverpool, L1 5BU
Email: info@pagodaarts.org.uk
Tel: 07542339019

4Wings - Support for women

Church House, 1 Hanover Street, L1 3DN
0151 558 1442 info@4wings.co.uk

Amadudu Women's Refuge

0151 734 0083 info@amadudu.org

Muslim Community Helpline

0208 904 8193 or 0208 908 6715
ess4m@btinternet.com

Savera UK

151 Dale Street, Liverpool, L2 2AH
0800 107 0726 info@saverauk.co.uk

Liverpool Malayalee Association

07736 352874 limaliverpool@gmail.com

Kadampa Meditation Centre (KMC) Liverpool

0151 726 8900
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

Liverpool Irish Centre - Sláinte Le Chéile Health Together

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG
0151 263 1808 info@liverpoolirishcentre.org

Merseyside Jewish Community Care (MJCC) - Key services

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL
0151 733 2292 info@mjccshifrin.co.uk

Al-Ghazali Multicultural Centre

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD
0151 734 3843 info@alghazalicentre.co.uk

Liverpool Arabic Centre (LAC)

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP
0151 727 2855
info@liverpoolarabiccentre.org.uk

Merseyside Polonia

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP
0151 237 2674 info@merseysidepolonia.com

Muslim Youth Helpline (MYH)

0808 808 2008 help@myh.org.uk

Mary Seacole House

91 Upper Parliament Street, Liverpool, L8 7LB
0151 707 0319 info@maryseacolehouse.com

Migrant and Multi-Cultural Support in Liverpool



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

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

Boloh Helpline

Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.
To find out more contact 0800 151 2605

Women's and Men's Groups in Liverpool



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+ Support in Liverpool



LGBTQ+ National Support

Corner House Range of support opportunities for LGBTQ+ ages 11 to 17

Offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30 pm to 6 pm.

leahfewlass@wearecornerhouse.org

Mermaids Support for gender diverse young people and their families

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

www.mermaidsuk.org.uk

0808 801 0400 Monday to Friday 9 am –to 9 pm

Stonewall

Stonewall stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. The website provides resources for individuals and workplaces across the UK.

www.stonewall.org.uk

Mind - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

Mindout

MindOut is a mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people. We work to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern.

01273 234839 info@mindout.org.uk

LGBT Hero

LGBT HERO provide information, advice and various types of support including one-to-one, group and peer-support on a range of topics including mental health, sexual health, Living with HIV, coming out, gender and sexuality and hate crime and discrimination. LGBT HERO also campaigns for LGBTQ+ people to lead happier, healthier lives.

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

LGBT Foundation

The LGBT Foundation services have been designed by LGBT+ people for LGBTQ+ people. They offer a number of services including talking therapies, sexual health support, helpline, befriending, peer support, advocacy and much more.

<https://lgbt.foundation/>

Switchboard

Switchboard is for all. Figuring out your gender expression? Questioning your sexuality? Or is someone you care about facing a challenge? Wherever you fit into the picture, they are here to listen. Acknowledging and celebrating wherever people are on their journey, we meet you where you are.

0800 0119 100 Open 10 am to 10 pm

hello@switchboard.lgbt

<https://switchboard.lgbt/get-support>

TransUnite

Have an online directory of trans support groups near you.

<https://www.transunite.co.uk/find-a-group/>

LGBTQ+ Support in Liverpool



LGBTQ+

Trans Support Service (TSS)

The Beat Hanover Street/David Lewis Street
Liverpool L1 4AF
0151 317 8581 Tss.merseycare@nhs.net

Spirit Level Transgender Support Group

<https://spiritlevel.org.uk/>
spirit.level@yahoo.com

Sahir

Sahir House, 4th Floor, 151 Dale Street L2 2AH
0151 673 1972 info@sahir.uk.com

THE Action Youth (Trans Health Education) (YPAS)

36 Bolton Street, L3 5LX www.ypas.org.uk
0151 702 6087 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

Switchboard LGBT+ Helpline

0800 0119 100 hello@switchboard.lgbt

Merseyside non-scene LGBT Social Group

<https://www.meetup.com/MERSEYSIDE-LGBT-SOCIAL-GROUP/>
stev_arts@yahoo.co.uk

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

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

Sahir House - HIV Support, Information and Training Centre

Sahir House, 4th Floor, 151 Dale Street, L2 2AH
0151 673 1972 info@sahir.uk.com

LIV.FAST Network

Provides peer support and advice for those who identify somewhere within the FTM (Female-to-Male) spectrum.
The Beat, Hanover Street/David Lewis Street, Liverpool, L1 4AF
liverpool.ftm@gmail.com

Additional Support in South and Central Liverpool



Sexual Violence Support

Rape and Sexual Abuse Centre (RASA)

RASA Merseyside provides support to anyone in Merseyside impacted by sexual violence.

0151 666 1392 helpline@rasamerseyside.org

Rape Crisis

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

0808 500 2222

SAFE Place Merseyside: Sexual Assault Referral Centre (SARC)

24 hour telephone support service

0151 295 3550

Silent Solution

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

Victim Care

Support for victims of Crime in Merseyside
For advice and support - **0808 175 3080**

www.victimcaremerseyside.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

Galop

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

Victims can contact the Helpline by phone 0800 999 5428 or via email help@galop.org.uk.

The 24/7 Rape and Sexual Abuse Support Line

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/>

Victim Support

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

contacting your local Victim Support team

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

Calling the Supportline on **08 08 16 89 111**
using the free 24/7 live chat service

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

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

Additional Support in South and Central Liverpool



Hate Crime

Report a hate crime

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

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

Stop Hate UK

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

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

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

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/>

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

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

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