

North Liverpool Support Directory



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Food Support Services in North Liverpool



North Liverpool - Food Banks

St Andrew's Community Network

Clubmoor Community Centre, 16 Larkhill Lane,
Liverpool, L13 9BR
0151 226 3406 food@standrewslive.org.uk

Good Shepherd Church

Lower House Ln, Liverpool L11 2SF
Open Wednesday 9.30 am to 11.30 am

Christ Church Anfield

157 Hartnup St Liverpool L5 1UW
Open Tuesday 10 am to 12 pm

St Christophers Church

Lorenzo Drive, Norris Green L11 1BQ
Open Tuesday 12 pm to 2 pm

All Saints Stonecroft

Broadgreen Road Liverpool L13 4BW
Open 9 am to 12 pm

St John's Church

Santon Avenue (off Green Lane) L13 7HF
Open 10 am to 12 pm

St Andrew's Church

Adshead Road, Liverpool, L13 0AL
Open 10.30 am to 12.30 pm

Kensington & Fairfield

Fairfield Centre, Sheil Road L6 3AA
Open Saturday 10 am to 12 pm

West Everton Community Council

The Friary Building, Bute Street,
Liverpool L5 3LA
Open Wednesday 2 pm to 3.30 pm

Salvation Army

Cavendish Dr Liverpool L9 1NB
Open Monday 10 am to 12 pm

St Paul's

Formosa Dr, Liverpool, L10 7LD
Open 12 pm to 1.30 pm

Walton Cornerstone

2 Liston St, Liverpool L4 5RT
Open Tuesday 9.30 am to 12 pm

North Liverpool - Pantries

St Marys Millennium Centre

Meadow Lane, West Derby, Liverpool L12 5EA
Weekly Fee £3.50
Open Friday from 10am

Ask Pantry

ASK Community Shop, 300 Kensington
Liverpool, L7 2RN
Weekly Fee £3.50
Open Wednesday 1.30 pm to 3.00pm

Liverpool The Blue Base

The Blue Base Salop Street, Liverpool, L4 4BZ
Weekly Fee £3.50
Open Thursday 10 am to 12 pm

Holy Trinity Pantry

Holy Trinity Church (Breck Road Entrance) 3
Richmond Park
Anfield Liverpool L6 5AA
Weekly Fee £3.50
Open Monday 10 am to 12pm

North Liverpool Pantries

Kensington Pantry

Kensington Fields Community Association
Low Hill Kensington Liverpool L7 8TQ
Weekly Fee £3.50

Open Tuesday 12 pm to 2 pm

Nugent Pantry

St Anne's Church, Overbury Street, Liverpool
L7 3HJ
Weekly Fee £3.50

Open Tuesday 1 pm to 3 pm

St Andrew's Pantry

Adshead Road Entrance, Clubmoor, Liverpool
L13 0AL
Weekly Fee £3.50

Open Wednesday 9.15am to 10.45 am

St George's Pantry

Heyworth Street, Everton, Liverpool, L5 3QG
Weekly Fee £3.50

Open Friday 9 am to 11 am

West Everton Pantry

The Friary Centre, Bute Street, Liverpool,
L5 3LA

Open Friday 10 am to 1 pm

Vauxhall Pantry

Vauxhall Neighbourhood Council, Silvester St
Liverpool, L5 8UX
Weekly Fee £3.50

Open Friday 10 am to 12 pm

Christ Church Norris Green Pantry!

Christ Church Cabin, Sedgemoor Road
Liverpool, L11 3BR
Weekly Fee £3.50

Open Tuesday 1.30 am to 12 pm and 12.30 pm to 2 pm

Our House Walton Hope Pantry

15 Heathcote Road, Walton, L4 6XB
Weekly Fee £3.50

Open Thursday 12 pm to 4 pm

L6 Centre

99 Queens Road, Everton, L6 2NF
Open daily

The Joseph Lappin Centre

Mill Lane, Old Swan, Liverpool, L13 5TF
Weekly Fee £3.50

Open Tuesday 12 pm to 2 pm

Big Help Project

Marybone Youth Centre, Addison Way L3 2EW
Weekly Fee £3.50

Open Monday 1pm to 4pm

Micah Liverpool Community Market

C3 Church in Devon Street
Weekly Fee £1.50

Open Friday 10.30 am to 12.30 pm

Liverpool Lighthouse Bliss Market

Oakfield Road, Anfield, Liverpool, L4 0UF
Weekly Fee £3.50 to £5

Open Wednesday and Thursday 12 pm to 3 pm

Anfield Saint Columba Pantry

Anfield, Pinehurst Road Anfield Liverpool, L4 2TZ
Weekly Fee £3.50

Open Friday 9.30 am to 11.30 am.

Flowers Food Pantry Citron Close

1 Citron Close, Walton, Liverpool, L9 1LG
Weekly Fee £3.50

Open Wednesday 2.30 pm to 4.30 pm

Fazakerley Community Federation 'Fed Club' pantry

Formosa Drive, Fazakerley, Liverpool, L10 7LQ
Weekly Fee £3.50

Open Tuesday 10 am to 12 pm

Croxteth Family Matters - Food Pantry

Mossway Hall, 35 Moss Way, Liverpool, L11 0BL
Weekly Fee £3

**Open Thursday 9am to 12pm and 12.30-3pm
Friday 11am to 1pm.**

Food Support Services in North Liverpool



North Liverpool Food Pantries

Big Help Food Club - The Drive Dovecot

The Drive, 235A Finch Lane, Dovecot, L14 4AE

Weekly Fee £3.50

Open Wednesday 12 pm to 3 pm

Community Food Stores

New Beginnings Improving Lives CIC:

Community Food Store

NBIL Community Store, 63 Rocky Lane Anfield

L6 4BB

Weekly Fee £5

Open Wednesday, Thursday and Friday

9.30am to 5pm

Walton Vale Community Shop

105 Walton Vale Liverpool L9 4SR.

Weekly Fee £3.50 - £5

Open Tuesday 1:30 to 3:30pm

Community Shop Kirkdale

211 Walton Road, Liverpool L4 4AJ

Monday to Friday 9 am to 5 pm

Saturday 9 am to 3 pm

08000246691 info@companyshop.ltd.uk

Liverpool Community Grocery

Hillsong Church, 7 Mann Street, Liverpool,

L8 5AF

Open Monday to Friday 9.30 am – 3.30pm

Community Gardens

Croxteth Community Garden

Willow Way/Petherick Road, Croxteth, Liverpool,

L11 0AN

croxtethcommunitygarden@yahoo.com

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/>

Riverside

National Food Support Services



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**

National Food Support Services



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 of 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.

National Food Support Services



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.

Furniture Support in North 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

British Heart Foundation Tuebrook Furniture & Electrical Store

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

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

Emmaus Merseyside Charity Superstore

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

Oxfam Smithdown Road

609-613 Smithdown Road Liverpool, L15 5AG
0151 733 6641

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

Furniture Support in North Liverpool



Council Support

If you find yourself in crisis you can apply for support to get food and necessities for you and your family including gas and electric vouchers (urgent needs) and furniture and household essentials (home needs).

Liverpool Citizen Support Scheme, Revenues and Benefits Service, Cunard Building, Water Street, L3 1AH

0800 456 1523 or 0151 233 3053

Charities

Glasspool Trust

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

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

Buttle UK

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

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

Family Fund

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

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

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/>

Cost of Living Support in North 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

Spellow Library

County Road, L4 3QF
0151 233 3069

Breck Road Community Library

8-10 The Mall Breck Road, L5 6PX
0151 233 3069

Fazakerley Community Library

Formosa Drive, L10 7LQ
0151 792 0958

Norris Green Library

Townsend Avenue, L11 5AF
0151 233 3069

Walton Library (Life Rooms)

Evered Avenue L9 2AF
0151 478 6556

Debt Support Services

Liverpool Community Advice

1st Floor 151 Dale Street Liverpool, L2 2JH
0151 237 2679

Inquiries@liverpoolcommunityadvice.org.uk

North Liverpool Citizens Advice Walton

37-39 Walton Rd, Liverpool, Merseyside, L4 4AD
0808 278 7840

<https://www.citizensadvice.liverpool.org.uk/>

Raise

286 Scotland Road, Liverpool, L5 5AE

0151 459 1556 admin@raiseadvice.org.uk

Vauxhall Law Centre

VNC Millennium Centre, Blenheim Street, Liverpool, L5 8UX

0151 360 7777 advice@vauxhalllawcentre.org.uk

ST Andrews Community Network

16 Larkhill Lane, Clubmoor, Liverpool
L13 9BR

0151 226 3406

Merseyside Law Centre

35-37 Bold Street, Liverpool, United Kingdom, L1 4DN
0151 709 0504

Big Help Group

HOPE HOUSE, 212 Boaler Street, Liverpool, L6 6AE
0151 482 6089 contact@bighelpgroup.com

Croxteth Family Matters

0151 476 0523 or 0151 281 4529

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

Local Support

St Christopher's Church: Debt Advice and Foodbank

Tuesday 10 am to 2 pm at St. Teresa's Parish House.

Feel free to drop in or call 0151 270 1688 or email norrisgreendebtadvice@yahoo.co.uk

Greater Merseyside Money Advice Partnership

0808 278 7839

St Luke West Derby - Debt advice

Princess Drive West Derby, Princess Drive, L14 8XG

0151 203 6267

Households into Work

Help into employment

hiw@liverpoolcityregion-ca.gov.uk

Fuel and Energy Support

Energy Projects Plus

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

0800 043 0151

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

British Gas Energy Trust

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

Scottish Power Hardship Fund

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

E.On Energy Fund

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

Support from Banks

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

National Debt services

Turn2us

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

0808 802 2000 www.turn2us.org.uk

National Debtline

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

0808 808 4000 www.nationaldebtline.org

National Cost of Living Support Benefits



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/>

National Cost of Living Support Debt Help



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/>

National Cost of Living Support Services



Money Advice service

The Money Advice Service is a free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead
0800138 7777

Credit Unions

Credit unions come in all shapes and sizes. Whether you're looking for a credit union with online and phone banking, a payroll partnership with your employer, a local branch or service point you can walk into – or a combination of all three – there's a good chance you'll find the credit union you're looking for to meet your needs.

To find a credit union near you visit

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

Fuel and Energy Support

Energy Projects Plus

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

0800 043 0151

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

British Gas Energy Trust

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

Scottish Power Hardship Fund

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

E.On Energy Fund

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

Support from Banks

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

National Cost of Living Support Employment



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 North Liverpool



Welcoming Spaces

Holy Name

2 Moss Pits Lane Liverpool , L10 9LG
0151 476 0289 holyname@rcaol.org.uk

The Salvation Army, Liverpool Walton

95 Cavendish Drive Liverpool, England, L9 1HN,
0151 525 4785
<https://www.salvationarmy.org.uk/>

Saint Columbia Anfield

Pinehurst Avenue Liverpool, L4 7UQ,
0151 474 7231

Saint Francis Xavier's Church

Salisbury Street Liverpool, England, L3 8DR,
0151 298 1911 sfxchurch@rcaol.org.uk

The Old Library

The Old Library, Green Lane Liverpool, L13 7EB,
0151 254 1394 hello@tol.org.uk

Our Lady of Sorrows

Pirrie Road Liverpool, England, L9 6AA
0151 284 8084 olos@rcaolp.co.uk

Our Lady Queen of Martyrs

Stonebridge Lane Liverpool, L11 9AZ,
0151 546 3574 olqom@rcaol.org.uk

Holy Rosary Parish Hall

Altway Liverpool, England, L10 2LG,
0151 526 8468 holyrosary@rcaol.org.uk

Christ Church Walton Breck

157 Hartnup Street, Liverpool, L5 1UW
0151 264 8006

Libraries

Spellow Library

County Road, L4 3QF
0151 233 3069

Breck Road Community Library

8-10 The Mall Breck Road, L5 6PX
0151 233 3069

Fazakerley Community Library

Formosa Drive, L10 7LQ
0151 792 0958

Norris Green Library

Townsend Avenue, L11 5AF
0151 233 3069

Walton Library (Life Rooms)

Evered Avenue L9 2AF
0151 478 6556

Liverpool Lighthouse

Liverpool Lighthouse, Oakfield Road, Anfield, L4 0UF
Free community lunch Tuesday and Wednesday
12 pm to 12.30 pm and Thursday 1 pm to -1.30 pm
0151-476-2342 info@liverpoolighthouse.com

Opening Doors Project Rice Lane

St Nathanael's Church, Fazakerley Road L9 2AJ
Free Community Lunch & Quiz Thursdays 12 pm to
2pm
07557 335188
Contactus@opendoorsproject.org.uk

Croxteth Gems Community Association

Armill Road, Liverpool, L11 4TR
Friday hot drink 50p and bingo 12 pm to 2 pm
0151 547 2664

Digital Inclusion Support in North 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 North 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.

Spellow Library

County Road, L4 3QF

0151 233 3069

Breck Road Community Library

8-10 The Mall Breck Road, L5 6PX

0151 233 3069

Fazakerley Community Library

Formosa Drive, L10 7LQ

0151 792 0958

Norris Green Library

Townsend Avenue, L11 5AF

0151 233 3069

Walton Library (Life Rooms)

Evered Avenue L9 2AF

0151 478 6556

Organisations and Groups

The Life Rooms

The Life Rooms, Evered Avenue, Walton, L9 2AF

0151 478 6556 liferooms@merseycare.nhs.uk

Everton Development Trust (EDT)

96 - 98 Great Homer Street , L5 3LF

0151 482 2780

Millennium Resource Centre

Vauxhall Millennium Centre, Blenheim Street,
Liverpool, L5 8UX

07946121798 joel@scottiepress.org

Irish Community Care

Liverpool Irish Centre, 6 Boundary Lane, L6 5JG

07732901780

Big Help Project

212 Boaler Street, L6 6AE

Vauxhall Neighbourhood Council

Silvester Street , L5 8SE

0151 207 5668

Mersey Youth Support Trust

The Action Centre, The Old St. Lawrence School,
Westminster Road, L4 3TQ

0151 702 0700

Riverside

Digital Inclusion Support in North Liverpool



Bridge Community Centre

2 Daneville Road, Walton, Liverpool, L4 9RG
01517928711 bridgecentre1@outlook.com

Rotunda Ltd

109 Great Mersey Street, Liverpool, L5 2PL
01512072176 mennis@therotunda.org.uk

Norris Green Adult Learning Centre

Clubmoor Childrens Centre, Utting Avenue East,
L11 1DQ
0151 233 1809

CTP Liverpool

230 Utting Avenue, Liverpool, L4 8SY
01512 260029 lobia@ctportal.org.test

Liverpool Lighthouse Ltd

Oakfield Road, Walton, Liverpool, L4 0UF
01514762342
helen.brown@liverpollighthouse.com

Porchfield Community Association

Porchfield Community Centre, L11 9DT
0151 547 4455

Everton in the Community

The Peoples Hub, 46 Spellow Lane, Liverpool, L4
4DF
07974257509 adam.howard@evertonfc.com

Citizens Advice North Liverpool

37 Walton Road, Liverpool, L4 4AD
01515221400
admin@northliverpoolcab.org.uk

Breckfield and North Everton Neighbourhood Council

The Breckfield Centre, Breckfield Road North,
Liverpool, L5 4QT
01512888400
bob.blanchard@thebreckfieldcentre.com

Riverside

Youth Provision in North Liverpool



Children's Centres

Anfield Children's Centre

Oakfield (Off Oakfield Road), Anfield, Liverpool L4 2QG
0151 233 4001 anfieldcc@liverpool.gov.uk

Vauxhall Children's Centre

Titchfield Street Liverpool, L5 8UT
0151 298 2918

Fountains Children Centre

Fountains Road, Liverpool L4 1QH
0151 233 4741

County Children's Centre

Arnot Street, Walton, L4 4ED
0151 233 3760

Walton Children's Centre

99 Cavendish Drive, Liverpool, L9 1NB
0151 233 3760

Clubmoor and Ellergreen Children's Centre

Utting Avenue East, L11 1DQ
0151 233 8500
clubmoorchildrenscentre@liverpool.gov.uk

Everton Nursery School and Family Centre

Spencer Street, Liverpool, L6 2WF
0151 233 1969
evertonnsfc@evertoncentre.liverpool.sch.uk

Fazakerley Children's Centre

Barlows Lane, Liverpool, L9 9EH
0151 233 3705
fazakerleycc@liverpool.gov.uk

Croxteth Children's Centre

Parkstile Lane (Our Lady & St Swithin Primary School) Liverpool L11 0BQ
0151 233 3705 croxtethcc@liverpool.gov.uk

Youth Support Services

Merseyside Youth Association

Offers a variety of support and activities for young people age 11 to 25
65-67 Hanover Street, Liverpool L1 3DY
0151 702 0700 admin@mya.org.uk

Comics Youth

Offers a range of creative services supporting young people aged 8 - 25.
0151 236 1800 hi@comicsyouth.co.uk

Anfield Sports & Community Centre

Breckside Park Lower Breck Road Liverpool Merseyside Liverpool 6 0AG
01512636186 reception@anfieldsports.org

Everton in the Community - Premier League Kicks

<https://www.evertoninthecommunity.org/project/s/sport/premier-league-kicks/>

Daisy Inclusive UK

A variety of activities that support disability children and adults.
2 Barnes Street, Everton L6 5LB
0151 261 0309 info@daisyuk.com

BNENC Youth Outreach

Breckfield Centre, Breckfield Road North Liverpool, L5 4QT
0151 288 8400
receptionist@thebreckfieldcentre.com

Riverside

Youth Provision in North 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

Priority Youth

St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA
07523 650 956 hello@priorityyouth.co.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>

Marybone Youth and Community Association

Marybone Centre, Addison Way, L3 2EW
0151 236 3865
maryboneyouth@btconnect.com

North Liverpool Regeneration Company

The Ponnie, 56 Christian Street, L3 3EN
0151 556 9601 mainoffice@nrlco.com

Rotunda Ltd

109 - 115 Great Mersey Street Liverpool L5 2PL
0151 207 2176

Shrewsbury House Youth & Community

37 Langrove Street, Liverpool, L5 3PE
0151 207 0725

West Everton Community Council

The Friary Centre Bute Street, Liverpool L5 3LA
0151 2820303 admin@westevertoncc.co.uk

Liverpool Six Community Association

99 Queens Road, Liverpool, L6 2NF
01512601297 L6centre@aol.com

LFC Foundation

Anfield Sports & Community Centre, Lower Breck Rd, Liverpool L6 0AG
07584396219 / 07864602376
Francis.Hargreaves@liverpoolfc.com
Karl.Carney@liverpoolfc.com

Liverpool Lighthouse

Oakfield Road, Anfield, Liverpool, L4 0UF
0151 476 2342
Matt.rutter@liverpollighthouse.com

Centre 56

Rumney Road, Liverpool L4 1UB
0151 727 1355 graves@centre56.org.uk

Rice Lane Community Association

Rice Lane City Farm Rawcliffe Road L9 1AW
0151 530 1066 ricelanecityfarm@hotmail.co.uk

Fazakerley Community Federation

Adlam Rd, Fazakerley, Liverpool, L9 9ES
0151 673 1401

The Opening Doors Project

St Nathanael's Church, Fazakerley Road, Walton L9 2AJ
referrals@openingdoorsproject.org.uk

The Quantum Centre

Unit 1a, Brookfield Drive, L9 7AN
07932728084 foznat8@gmail.com

Liverpool Walton Salvation Army and Community Centre

95 Cavendish Dr, Liverpool L9 1HN
0151 525 4785

Youth Provision in North Liverpool



Autism in Motion

St Georges hub, Waresley crescent L9 6BW
aimautism@hotmail.com

Leisure United Football Hubs

Long Lane, L9 6AG
0151 523 7922

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

Croxteth Gems Community Association: 'Taking Care of our Gems'

Sessions for children & young people including; autism and ADHD-friendly yoga and meditation sessions and art therapy.
Addressing mental health promotion in youth outside of educational settings
michelle@gemscentre.org.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

Valley Community Theatre: 'Arts4Change'

A range of arts activities and workshops for young people aged 8-25 aimed at addressing a rise in mental health issues.
Childwall Valley Road, Netherley, L27 3YA
0151 488 0364 info@valleytheatre.co.uk

National Services

National Citizenship Service

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

Duke of Edinburgh

Delivers a range of experiences for young people across the UK.
<https://www.dofe.org/>

National Support for Young People



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/>

National Support for Young People



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

mermaidsuk.org.uk

National Support for Young People



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

Riverside

Family Support in North Liverpool



Baby Basics

Hope House, Boaler Street, Liverpool L6 6AE
<https://baby-basics.org.uk/>

Baby Basics Liverpool

178 Queens Drive, Wavertree, Liverpool 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

Here for families in crisis, whatever the situation
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. Anyone can use this service and everything is free.

0151 263 0692

info@southliverpoolvineyard.com

For support during the school holidays

MPAC

MPAC have a list of organisations that deliver food support and activities during the school holidays.

To find out more visit:

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

Period and Hygiene Product Support

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

Bloody Good Period -

hello@bloodygoodperiod.com

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/>

Older People Support in North Liverpool



Age UK Advice Line - 0800 678 1602

Tax Help for Older People

01308 488066 taxvol@taxvol.org.uk

Dementia UK - 0800 888 6678

Re-engage

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

0800 716543

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Omega (befriending service for caregivers / carers)

Chatterbox Action Against Loneliness telephone chat

01743 245088 chatterbox@omega.uk.net

A Letter from Louise pen pal befriending

01743 245 088

aletterfromlouise@omega.uk.net

Merseyside Fire & Rescue Services: Home Fire Safety Checks

If you live in Merseyside, you can phone **0800**

731 5958 for **free** fire safety advice or to request a Home Fire Safety Check visit

Merseyside Dementia Friendly Radio

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

07768 139708 nat@mdfr.co.uk

City Wide Support

Liverpool Cares

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

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

0151 659 1789 liverpoolcares.org.uk

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

The Cinnamon Trust:

National charity for elderly or terminally ill people and their pets. Network of volunteers who can visit homebound owners to take dogs for daily walks, foster pet as one of their family when owners face time in hospital, take pets to the vet, buy pet food, clean budgie cage.

01736 757900

www.cinnamon.org.uk



Older People Support in North Liverpool



Everton in the Community

Pass on the memories

The programme supports people living with dementia as well as their carers to share important memories and create new ones.

yasmin.wines@evertonfc.com

Stand Together

Stand Together is an opportunity for anyone over 65 to improve their quality of life by making new friends, having fun and enjoying a variety of activities together.

Tuesday and Wednesday from 10.30 am to 12.30 pm at The Blue Base on Salop Street, L4 4BZ.

neighbourhood@evertonfc.com

Veterans Project

Supporting Veterans aged 60+ and their families
Monday 10.30 am to 12.30 pm

David.curtis@evertonfc.com

Bridge Community Centre

Bridge Community Centre Daneville Road,
Liverpool L4 9RG

0151 792 8711 bridgecentre1@outlook.com

Our House Walton

Our House is a community hub based in the heart of Walton, North Liverpool.

15 Heathcote Road, Walton, Liverpool,
Merseyside L4 6XB

0151 521 7722

email info@ourhouse-walton.co.uk

Daisy Inclusive UK

Supporting disabled and vulnerable people living in the community.

2 Barnes Street, Everton, L6 5LB

0151 261 0309 info@daisyuk.com

Kitty's Launderette

Community launderette and social space in the Everton/ Anfield area of Liverpool, run by local residents, offering affordable ecological services; as well as a space for people to gather, talk and learn.

77 Grasmere Street, Everton, Liverpool L5 6RH
0151 260 8951 info@kittyslaunderette.org.uk

Healthiness - exercises and fitness classes

Anfield Sports and Community Centre, Lower Breck Road, Liverpool, L6 0AG

0151 728 8874 info@healthinessltd.co.uk

Age Concern Liverpool & Sefton: Friendship service

Friendship service for people aged 50+ in Liverpool and Sefton

0151 330 5678

mail@ageconcernliverpoolandsefton.org.uk

Rainbow 50 Plus Community

259-261 Boaler Street, Liverpool, L6 9DH

07795 433970/07717 398475

dee@therainbowcommunity.org

Smile TLC LTD (supports those affected by dementia)

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

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

Sola Arts - Art therapy for refugees, BME communities and people with dementia

Sola Arts, Toxteth Town Hall, 15 High Park Street, Liverpool, L8 8DX

0151 726 8440 adele@solaarts.org

National Support for Older People



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>

Mental Health and Wellbeing Support in North 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@mhm.org.uk**

Depression UK

<https://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

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

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

Our House Walton

Counselling and mental health workshops
15 Heathcote Road, Walton, L4 6XB
0151 521 7722 info@ourhouse-walton.co.uk

iChoir

Community choir whose aim is to get together and sing for mental wellbeing.
St Bride's Church, Corner of Catharine Street & Huskisson Street, Liverpool, L8 7LT
ichoirliverpool2016@gmail.com

Mental Health and Wellbeing Support in North 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

Liverpool Light

The Liverpool Light service is a preventative out-of-hours mental health crisis service, open from 6pm – 1am, 7 days a week and based in the city centre at 181-185 London Road
liverpool.light@creativesupport.org.uk

Compass Counselling Services:

Counselling programme
151 Dale Street, Liverpool, L2 2AH
0151 237 3993
enquiries@compass-counselling.org.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

Kindred Minds: ‘Kindred Minds Arts on Prescription’

Arts courses for people in need of mental health support, allowing them to meet new people and participate in a creative outlet
Addressing bereavement and loneliness
Lee Valley Millennium Centre, Childwall Valley Road, Liverpool, L25 2PR
enquiries@kindredmindsmerseyside.org

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

Vauxhall Community Law and Information Centre: ‘Income, Benefits, Debt & Bereavement Advice Service’

Supporting and increasing the incomes of people living in poverty through free legal advice and representation, bereavement advice such as welfare benefits and housing and debt advice to those who have suffered a loss.
VNC Millennium Centre, Blenheim Street (Our entrance is on Silvester Street), Liverpool, L5 8UX
0151 360 7777
advice@vauxhalllawcentre.org.uk

National Mental Health and Wellbeing Support



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/>

National Domestic Abuse Services



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 North 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

The Mankind

male victims of domestic violence

01823 334244 or <https://mankind.org.uk/>

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

0300 999 5428

Refuge Helpline - 0808 808 9999

Rise

Freedom from Abuse and Violence

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

Ask for ANI

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

Safe Spaces

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

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

Bright Sky If you are concerned about domestic abuse, we know it can be hard to find support.
<https://uk.bright-sky.org/>

Charities and Grants

Heinz, Anna and Carol Kroch Foundation

Search by visiting

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

Smallwood Trust - www.smallwoodtrust.org.uk

Skinner's Benevolent Trust -

www.skinner.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 North 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.

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

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

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 North Liverpool



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

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

National Support for Disabilities



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

National Support for Disabilities



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

National Support for Disabilities



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 Mind's 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/>



Migrant and Multi-Cultural Support in North 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 North 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 0TP
0151 727 2855

Mary Seacole House

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

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

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

Merseyside Refugee Support Network (MRSN)

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

Family Refugee Support Project (FRSP)

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

BME Youth

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

Muslim Women's Network UK

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

Migrants Rights Network

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

The Muslim Community Helpline

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

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 North 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

National Women and Men's Groups



Women's groups

Young Women's Trust

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

The National Women's register

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

Ladies Circle

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

Men's Groups

ANDYSMANCLUB

ANDYSMANCLUB want to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives. They have clubs across the UK that deliver weekly, free-to-attend peer-to-peer support groups for men aged over 18. <https://andysmanclub.co.uk/find-your-nearest-group/>

Men's Shed Groups

Men's Shed Groups bring together social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. There are a number of groups across the UK, to find the one closest to you visit <https://menssheds.org.uk/find-a-shed/>

LGBTQ+ Support in North 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 LGBTQ+ 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/>

Galop

Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

0800 9995428 help@galop.org.uk

Sahir House - HIV Support, Information and Training Centre

Sahir House, 4th Floor, 151 Dale Street, L2 2AH

0151 673 1972 info@sahir.uk.com

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

National Resources

Stonewall <https://www.stonewall.org.uk/>

LGBT Foundation <https://lgbt.foundation/>
0345 3 30 30 30 helpline@lgbt.foundation

Mermaids <https://mermaidsuk.org.uk/>

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

Mindout - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat
01273 234839 info@mindout.org.uk

Families and Friends of Lesbians and Gays (FFLAG)

0300 688 0368 info@fflag.org.uk

National LGBTQ+ Support



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/>



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.

Rape and Sexual Abuse Support RASASC (Cheshire & Merseyside)

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

PO Box 35, Warrington. WA1 1DW

01928 477980/ 0330 363 0063

Rape Crisis

If something sexual happened to you without your consent – or you're not sure – you can talk to a member of the team. No matter when it happened.

0808 500 2222 open 24 hours a day

<https://rapecrisis.org.uk/get-help/>

Galop

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

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

The 24/7 Rape and Sexual Abuse Support Line

24/7 offers Free, specialist and confidential support delivered by Rape Crisis England &

0808 500 2222

To chat online or find out more visit

<https://247sexualabusesupport.org.uk>

National Online Helpline for Male Survivors

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

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

The Survivors Trust

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

08088 010818

info@thesurvivorstrust.org

More information can be found at

www.thesurvivorstrust.org

Riverside

Additional Support



Hate Crime

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

Stop Hate UK

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

You can report a hate crime by:

0800 138 1625 Text: 07717 989 025

Text relay: 18001 0113 293 5100

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

Anthony Walker

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

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

0151 237 3974

info@anthonywalkerfoundation.com

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

Victim Support: (24/7 support)

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

0808 16 89 111

Live chat available by visiting

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

Hate Crime Campaign

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

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

Hate Crime Victim Support – Remedi UK

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

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

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

hatecrimevictimservice@remediuk.org