

# Wirral Support Directory



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# Food Support Services in Wirral



## Council Support

### Household Support Fund

#### Financial help for vulnerable residents in Wirral

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

#### Support Available

The financial support available includes:

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

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

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

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

To find out more visit:

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

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

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

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

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

# Food Support Services in Wirral



## Wirral Foodbank

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

**0151 638 7090**

<http://wirral.foodbank.org.uk>

[enquiries@wirralfoodbank.org.uk](mailto:enquiries@wirralfoodbank.org.uk)

Enquiries before 2 pm Monday to Thursday

**0151 638 7090**

Out of hours support between 2pm – 5pm  
Monday – Friday

**07947 387930**

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

**0151 677 6557**

## Seacombe Children's Centre

St Paul's Road, Wallasey, CH44 7AN

0151 666 3506

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

## St James Church, New Brighton

Albion Street, New Brighton, CH45 9LF

0151 630 6677

**Open Thursday 11 am to 12.30 pm**

## North Birkenhead Development Centre

St James Centre, 344 Laird Street, CH41 7AL

0151 670 9974

**Open Monday 3 pm to 4.30 pm**

## Christ Church, Moreton

Christ Church, Upton Road, CH46 0PA

0151 604 0049

**Open Monday 1 pm to 2.30 pm**

## St Mark's, New Ferry

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

0151 601 4872

**Open Thursday 10.30 am to 12.30 pm**

## Salvation Army Charity Shop

Salvation Army, 19 Oxtan Road, Birkenhead  
CH41 2QQ

**0151 6522569**

**Open Saturday 10.30 am to 12.30 pm**

## St Chads, Liscard

Twickenham Drive, Leasowe, CH46 1RW

0151 678 6497

**Open Tuesday 11 am to 1.30 pm**

## St Joseph and St Alban's

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

0151 638 1520

**Open Tuesday 5.30 pm to 7 pm**

## St Catherine's Tranmere

Church Road, Tranmere, CH42 0LQ

01516527379

**Open Friday 11 am to 1 pm**

## St Vincent's Centre

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

0151 673 1313

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

## St David's Church

Crossthwaite Avenue, Eastham, CH62 9DG

0151 327 3722

**Open Wednesday 12 pm to 1.30 pm**

# Riverside

## Food Support Services in Wirral



### **The Pet Food Project**

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

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

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

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

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

#### **Social Supermarket**

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

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

#### **Fed Up Wallasey**

Sandbrook Community Centre, 11  
Sunningdale, Chapelhill Road, Moreton,  
CH46 9RG  
0151 604 0374  
[sandbrookcommunity@hotmail.com](mailto:sandbrookcommunity@hotmail.com)

**Open Monday 2 pm to 3 pm  
Thursdays 3.30pm to 4.30 pm**

#### **Fed Up Wallasey**

Egremont Community Centre, Old Mission  
Building, Guildford Street, Egremont, Wirral,  
CH44 0BP  
0151 639 4441  
[Egremontcommunitycentre2023@gmail.com](mailto:Egremontcommunitycentre2023@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Open Friday 11.30 am to 2.30 pm**

# Riverside

## Food Support Services in Wirral



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

Community Food, 71 Mill Lane, Wallasey,  
Wirral, CH44 5UB

07498 180066

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

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

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

St Peter's RC Church, St Peter's Way, Prenton,  
Birkenhead, CH43 9QR

07584420917

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

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

### **Social Supermarket - Neo Community**

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

0151 647 5981

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

**Open Monday, Tuesday and Wednesday**

**12 am to 3 pm**

**Friday from 12 pm to 2 pm and 4 pm to 6 pm**

**Saturdays 11 am to 1 pm**

### **Social Supermarket - The Gate**

Gateway Church, Woodchurch Road,  
Woodchurch, Birkenhead, Wirral, CH41 2UF

07838 155828

[thegate@gatewaywirral.com](mailto:thegate@gatewaywirral.com)

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

### **Social Supermarket - Bargain Bags**

97 Poulton Road, Seacombe, CH44 9DE

07869214776

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

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

# 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.trusseltrust.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.

# Riverside

## 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 Wirral



## Council Support

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

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

You must be:

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

### **Discretionary Support Scheme**

Help with household items

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

**To find out more visit**

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

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

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

Unit 2 Britannia House, Dock Road, CH41 1DF

**0151 639 0651**

## **Facebook Groups**

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

These include:

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

## Resources

### **Reuse Network**

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

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

### **Second Hand Furniture Websites**

Facebook Market Place and Groups

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

## Charities

### **Glasspool Trust**

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

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

### **Buttle UK**

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

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

### **Family Fund**

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

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

# Furniture Support in Wirral



## Charity Shops

### **Age UK Wirral**

3 Vittoria St, Birkenhead CH41 3LQ  
0151 647 7329

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

### **Wirral Hospice Stores**

All stores Open Monday to Saturday 9 am to 4.30 pm

### **Bebington**

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

### **Birkenhead**

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

### **Bromborough**

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

### **Bromborough Croft Showroom**

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

### **Cloughton**

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

### **Heswall**

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

### **Heswall**

254 Telegraph Road, Heswall CH60 7SG  
0151 342 6030

### **Liscard**

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

### **Moreton**

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

### **New Brighton**

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

### **West Kirby**

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

### **British Heart Foundation**

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

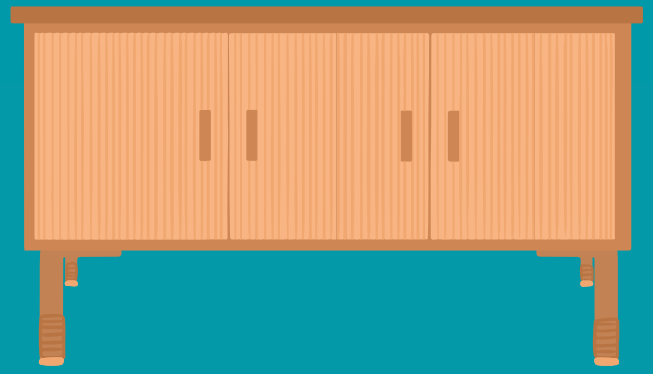
**Open Monday to Saturday 9.30 to 5 pm and  
Sunday 10 am to 4 pm**

### **Roy Castle Furniture Store**

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

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

# Furniture Support in Wirral



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

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

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

## **Ellesmere Port**

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

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

## **Heswall**

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

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

## **Liscard**

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

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

## **Hospice of the good Shepherd Ellesmere Port Shop**

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

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

## **Neston Shop**

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

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

## **The Besom**

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

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

## **Charities**

### **Glasspool Trust**

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

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

### **Buttle UK**

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

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

### **Family Fund**

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

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

# Cost of Living Support in Wirral



## Council Support

### **Discretionary Housing Payment Scheme**

The Discretionary Housing Payment scheme is for people struggling to pay rent or other housing costs. You must already receive Housing Benefit or Universal Credit. These payments give short-term help with rent for tenants in financial hardship. The fund for these payments is limited. Demand often exceeds the available fund each year.

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

## Libraries

### **Bebington Central Library**

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

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

### **Birkenhead Central Library**

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

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

### **Eastham Library**

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

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

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

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

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

### **Moreton Library**

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

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

### **Rock Ferry Library**

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

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

### **Upton Library**

Ford Road, Upton, CH49 0TB  
0151 677 5677

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

### **St James Library**

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

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

### **Seacombe Library**

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

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

### **Wallasey Central Library**

Earlston Road, Wallasey, CH45 5DX  
0151 639 2334

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

## **Employment Support**

### **Households into Work**

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

**0151 330 1005**

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

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

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

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

### **Wirral Worklessness Support Service**

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

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

**0151 644 4500**

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

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

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

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

### **PLUSS Employment Support**

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

**0800 334 5525**

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

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

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

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

Saint Laurence Close, Birkenhead, CH41 3JD

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

## Credit Unions

### **Wirral Credit Union**

403 Poulton Road, Wallasey, Wirral, CH44 4DF

**0151 638 4332**

### **WCU Birkenhead Branch**

114 Laird Street, Birkenhead, CH41 8EN

**0151 201 1051**

**info@wirralcu.org.uk**

**www.wirralcu.org.uk**

### **Central Liverpool Credit Union**

141 Park Street, Liverpool, L8 6QF

centralcu.co.uk

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

### **Partners Credit Union**

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

partnerscreditunion.co.uk

**0151 258 1014**

**enquiries@partnerscreditunion.co.uk**

## 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**

### **Christians Against Poverty (CAP)**

Provides free professional debt help, job clubs, life skills groups and money education in the heart of communities.

**https://capuk.org/**

**Money Advice Service - 0300 500 5000**

**National Debt Line - 0808 808 4000**

## 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 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 Wirral



## Libraries

### **Bebington Central Library**

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

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

### **Birkenhead Central Library**

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

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

### **Eastham Library**

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

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

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

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

Open Monday to Friday 10 am to 4 pm

### **Moreton Library**

Pasture Road, Moreton, CH46 8SA  
0151 666 4884

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

### **Rock Ferry Library**

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

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

### **Upton Library**

Ford Road, Upton, CH49 0TB  
0151 677 5677

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

### **St James Library**

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

Open Monday to Friday 10 am to 4 pm

### **Seacombe Library**

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

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

### **Wallasey Central Library**

Earlston Road, Wallasey, CH45 5DX  
0151 639 2334

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

### **Moreton Methodist Church**

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

Wednesday 9 am to 2 pm

### **St James Garden**

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

Wednesday 10 am to 1 pm

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

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

heretohelp@moretonbaptistchurch.org.uk

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

# Digital Inclusion Support in Wirral



## 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](http://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](http://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](http://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](http://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](http://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 Wirral



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### **Wallasey Central Library**

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0151 639 2334**

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

### **Age UK Wirral**

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

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

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

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

**Tomorrows Women, Beckwith Street, CH413JE**

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

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

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

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

**To find out more contact 0151 482 3456**

# Riverside

## Digital Inclusion Support in Wirral



### **Resilient (NW) CIC**

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

118 Liscard Road , CH44 5TN

**To find out more contact 07878907591**

### **Energy Project Plus**

Falklands Road, Wirral, CH4 48ER

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

### **Amber Button Community CIC**

Adults aged 19+

3 Kelvinside , CH44 7JY

**To find out more contact 07727102956**

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

69 Gautby Road, CH41 7DS

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

### **Wirral Change**

12-14 St Laurence Drive, CH41 3JD

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

### **Wirral Lifelong Learning Service**

Lauries Birkenhead, CH41 6EY

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

Byrne Ave Baths, CH42 4PQ

Bebington Road, CH637NX

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

### **Wirral Multicultural Organisation**

111 Conway Street. Birkenhead CH41 4AF

**0151 792 5116**

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

Bright Street, Wirral, CH41 4EA

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

### **Make IT Happen Birkenhead**

POC, 34 Argyle Street, CH416AE

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

### **Wirral Mencap**

Supporting adults with a learning disability

42-44 Market Street , CH41 5BT

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

### **Spider Project**

56 Hamilton Street, Birkenhead, CH41 5A8

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

### **The Positivitree Ltd**

Vale House Community Centre, CH45 1LZ

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

### **Involve Northwest**

3 Abbey Close, Birkenhead CH415FQ

**0151 644 4500**

### **Wirral Ways**

84 Market Street, CH41 6HB

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

### **Crea8ting Communities**

Rideview Road, Prenton, CH43 9HG

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

### **Shaftesbury YC**

60 Mendip Road, Birkenhead, CH42 8NU

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

### **Citizens Advice Wirral**

237-243 Liscard Road, CH44 5TH

Haymarket Court, CH415BX

**To find out more contact 07801569064**

### **Our Happy Hub**

St Andrews Church, Moorfields Avenue, CH43 9YU

**07411316236**

# Riverside National Digital Inclusion Support



## 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.

**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](http://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](http://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](http://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](http://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](http://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>**

# Youth Provision in Wirral



## Children's Centres

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

## **Wirral's Family Hubs**

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

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

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

## **Seacombe Family Hub**

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

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

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

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

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

## **Bromborough Children's Centre**

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

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

## Support Services and Groups

### **YPAS Young People Advisory Service**

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

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

**0151 305 2040 [support@ypas.org.uk](mailto:support@ypas.org.uk)**

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

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

### **Virtual KEEN**

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



# Youth Provision in Wirral



## Youth Matters Wirral

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

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

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

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

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

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

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

## Wirral Youth Spaces - Neighbourhood Youth Provision

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

### Eastham Youth Space

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

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

### Liscard Youth Space

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

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

### Moreton Youth Space

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

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

### New Brighton Youth Space

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

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

### Woodchurch Youth Space

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

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

# Youth Provision in Wirral



## **New Ferry Youth Space**

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

lynnegordon@wirral.gov.uk  
07859938154

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

## **West Kirby Youth Space**

The Concourse, Grange Road, CH48 4HX

mariamodena@wirral.gov.uk  
johannebretherton@wirral.gov.uk

0791 921 0485

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

## **Clubs and Organisations**

### **The Hive**

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

Wirral Youth Zone, Bright Street, CH41 4EA

0151 705 8000

enquiries@thehiveyouthzone.org

**To find out more visit**

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

### **Hype Youth Clubs**

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

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

109 Liscard Road, Wallasey CH44 9AE

#### **Beechwood Hub**

18 Beechwood Drive, Birkenhead CH43 7ZU

#### **Courtney Park**

10 Courtney Rd, Birkenhead CH42 1QS

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

**0151 653 7024**

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

## **Family Club - Neo Community**

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

**0151 647 5981**

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

## **Ferries Family Groups**

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

### **Creative Warm Hub**

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

0151 345 6920

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

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

## **Cornerstone Church - Toddler Group**

216 Bebington Road, Bebington, CH63 7NY

**Open Tuesdays 10.15 am**

## **Citywide Organisations**

### **Autism in Motion**

St Georges hub, Waresley crescent L9 6BW

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

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

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

Addressing mental health promotion in youth  
outside of educational settings

35 Earle Road Liverpool L7 6HA

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

# Youth Provision in Wirral



## Citywide Organisations

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

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

**info@liverpoolautismadventures.co.uk**

### **ADDvanced Solutions**

ADDvanced Solutions Community Network encourages, equips and empowers children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.

**0151 486 1788**

**info@advancedsolutions.co.uk**

### **The Mix**

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

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

Fun, safe and active sessions for primary school aged children, providing a stimulating environment where children can thrive and grow in confidence.

147 Lawrence Road, Liverpool, L15 3HA

**info@imagineiftrust.org**

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

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

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

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

## National Services

### **National Citizenship Service**

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

**0800 197 8010**

### **Duke of Edinburgh**

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

### **Rise Above**

Website containing interesting and useful stuff from the web and beyond to get young people talking about all the things that matter. You'll find inspiring and useful stories, videos, games and advice.

Includes information on self help, confidence and stress. **https://riseabove.org.uk/**

### **Mako Create**

Mako Create provide the young people with the opportunity to participate in a variety of workshops involving digital arts and technology.

**0151 345 1419** **hello@makocreate.co.uk**

# 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](http://www.Kooth.com)**

**0203 984 9337 [contact@kooth.com](mailto: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](mailto: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](http://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](http://bayo.uk)**

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

**[bgiok.org.uk](http://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](http://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](http://mermaidsuk.org.uk)**

# 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](http://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



**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 Wirral



### **CAMHS**

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

**01928 568 162**

### **CAMHS Crisis line**

**CRISIS LINE: 01744 415 640**

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

### **Wirral CAMHS**

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

### **Hatch**

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

These include;

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

Trinity Chambers, Ivy Street, CH41 4EF

**To find out more visit:**

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

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

#### **MPAC**

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

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

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

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

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

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

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

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

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

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

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

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

# National Support for families



## Healthy Start

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

### You can use your card to buy:

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

### You can also use your card to collect:

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

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

## Family Action

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

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

## Baby Banks

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

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





# Older People Support in Wirral



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

### **Tax Help for Older People**

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

**Dementia UK** - 0800 888 6678

### **Re-engage**

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

**0800 716543**

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

### **Friends of the Elderly**

Grants to older people living on low incomes.

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

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

Chatterbox Action Against Loneliness telephone chat

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

A Letter from Louise pen pal befriending

**01743 245 088**

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

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

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

### **Merseyside Dementia Friendly Radio**

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

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

### **City Wide Support**

#### **Liverpool Cares**

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

Liverpool Cares,

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

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

#### **The Brain Charity**

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

**0151 298 2999**

#### **Bradbury Fields**

services for Blind and Partially Sighted People

The Bradbury Centre, Youens Way, Liverpool, L14 2EP.

**0151 221 0888 ext 214**

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

#### **AbilityNet**

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

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



# Older People Support in Wirral



## Community groups and activities

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

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

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

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

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

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

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

**Wednesday 10 am to 4 pm**

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

**Thursday 10 am to 4 pm**

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

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

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

### **St Barnabas Village Centre**

Deliver weekly activities, contact to find out more.

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

### **Happy Times Activities**

Deliver weekly activities, contact to find out more.

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

info@happytimesactivities.co.uk

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

**Saturday -10 am to 1 pm**

### **Cinnamon Trust**

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

**01736 757 900**

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

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

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

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

Thelifetreewirral@gmail.com

**Friday 12 pm to 2 pm**



# Riverside Older People Support in Wirral



## Age UK Wirral

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

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

## Computer One 2 One Sessions

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

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

## Wirral Companionship Cafe

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

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

## The Phoenix Group

Social group for older gay men.

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

**1st Friday of the Month**

## Goodfellas Film Club

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

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

## Walking Football

New Ferry Village Hall, Grove Street, CH62 5AZ

**Monday 10.30 am to 11.30 am**

## Art and Drawing at Barncroft

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

**Thursday 10 am to 12 pm**

## 'Focus' Photography

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

**Thursday 7 pm to 9.30 pm**

## Wirralside Walkers (Easy)

Usually on the first Monday of the Month

## Short Health Walks

The last Wednesday of every month

## White Top Walkers

Usually on the third Monday of every month

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

## Chiropody

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

**Monday 10 am to 11.40 pm**

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

**Tuesday 9.10 am to 12.10 pm**

Larchwood Close, Pensby, Wirral CH61 6YH.

**Thursday 1.45pm to 4 pm**

## Top 2 Toe Exercise

Meadowcroft, 304 Spital Road, CH62 2DE

**Thursday 12 pm to 1 pm**

## Chair Based Exercise - Holy Trinity Church

Holy Trinity Church, Chorley Way, CH63 9LS

**Friday 11 am to 11.45 am**

# 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 Wirral



## City Wide Support Services

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

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

**0151 293 3662**

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

### **Crown Hub**

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

Crown Hub, Crown Street, Liverpool, L7 3LZ

**0151 233 3800**

**Crownhub@liverpool.gov.uk**

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

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

76 High Street, Runcorn. WA7 1AF

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

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

### **Nightstop**

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

**0151 345 6454**

**info@nightstopcommunitites.co.uk**

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

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

Addressing mental health promotion in youth outside of educational setting

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

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

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

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

Royal Court Theatre, 1 Roe Street, L1 1HL

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

### **Hub of Hope**

Hub of Hope is the UK's most comprehensive national mental health support database.

**Download the free app or text HOPE to 85258** to find relevant services near you.

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

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

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

**07594 862719**

**support@bewelllearning.com**

### **Liverpool Bereavement Service Service**

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

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

**enquiries@liverpoolbereavement.co.uk**

# Riverside Mental Health and Wellbeing Support in Wirral



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

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

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

## **Headspace - Beechwood Community Shop**

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

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

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

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

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

## **WEB Merseyside**

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

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

## **Mind**

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

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

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

**To find support near you visit**

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

**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](mailto: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)**.

# Mental Health and Wellbeing Support in Wirral



## **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](mailto:info@mh.org.uk)

## **Depression UK**

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

## **The Martin Gallier Project**

The Martin Gallier Project is fiercely dedicated to preventing suicides, breaking down stigmas & supporting families in the North West.  
57 New Chester Road, New Ferry, CH62 1AB  
0151 644 0294  
[admin@gallierhouse.co.uk](mailto:admin@gallierhouse.co.uk)

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

# 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](mailto:helpline@womensaid.org.uk)

**The National Domestic Abuse Helpline – 0808 2000 247**



# Domestic Abuse Services in Wirral



**Choices** – 0800 917 9948

## **The Mankind**

A confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

Helpline [01823 334244](tel:01823334244) open Monday to Friday 10am to 4pm

The website also includes a directory of services called the Oak Book Directory. This can be found by visiting

<https://mankind.org.uk/help-for-victims/directory/>

## **Broken Rainbow**

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

**0300 999 5428**

## **Rise**

Freedom from Abuse and Violence

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

## **Hourglass**

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

**08088088141**

## **Galop**

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

**800 9995 428.**

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

## **Charities and Grants**

### **Heinz, Anna and Carol Kroch Foundation**

Search by visiting

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

**Smallwood Trust** - [www.smallwoodtrust.org.uk](http://www.smallwoodtrust.org.uk)

### **Skinner's Benevolent Trust -**

[www.skinner.org.uk/sbt](http://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](http://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](http://www.cats.org.uk/what-we-do/paws-protect)

# Domestic Abuse Services in Wirral



## 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](mailto:info@mwnhelpline.co.uk)

### **SignHealth**

Support for Deaf and hard of hearing  
020 39472601 or text 07970 350 366

[da@signhealth.org.uk](mailto:da@signhealth.org.uk)

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

### Liverpool Support

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

PO Box 200, Liverpool, L14 9WU

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

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

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

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

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

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

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

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

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

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

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

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

**0151 647 7907**

**Involve Northwest - 0151 644 1100**

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

# Disability Support in Wirral



## Employment Support

## Government Support

### Access to Work

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

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

## Citywide Support

### The Brain Charity

Norton Street, Liverpool, L3 8LR  
0151 298 2999

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

### Mencap

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

**0151 707 8582**

### Strawberry Field

Beaconsfield Road, Liverpool L25 6EJ  
**0151 252 6130**

### Community Integrated Care

Information@c-i-c.co.uk  
**Phone: 0800 2218 522**

## Activities and support

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

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

Ashville Lodge, Ashville Road, CH41 8AU

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

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

### Asthma + Lung UK

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

0300 222 5800

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

### BSL 999 UK emergency relay service

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

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

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

### Deafness Resource Centre

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

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

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

# Disability Support in Wirral



## Wirral Evolutions

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

The Grange, Grove Road, Wallasey, CH45 0JA

**0151 637 2030**

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

## Happy Times Activities

15 Yew Tree Road, Moreton, CH46 8UA.

**0151 641 0716**

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

## Wirral Wired

Wirral Association for Disability

Independent Living and Carers Resource Centre

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

**0151 647 6162**

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

## Wirral Mencap

Activities and Support for adults with a learning disability.

42-44 Market Street, Birkenhead, CH41 5BT

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

## Together All Are Able

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

Grange Road West Sports Centre, Birkenhead, CH43 4XE

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

## Together We Will

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

18-20 Tower Quays Business Park, Tower Road

Birkenhead, CH41 1BP

**01516499393**

## Wirral Children with Disabilities Services

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

Millennium Centre, Twickenham Drive, CH46 1PQ

**0151 666 4700**

## People First

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

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

## SeeAbility

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

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

# 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](mailto: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](mailto:info@mind.org.uk)

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

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

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

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

### **Benefits for carers**

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

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

To find out more visit

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

### **Carers UK**

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

**0808 808 7777**

[advice@carersuk.org](mailto: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 Wirral



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

29-31 Hatherley St, Liverpool L8 2TJ  
0151 709 2560  
[info@liverpoolmuslimsociety.org.uk](mailto:info@liverpoolmuslimsociety.org.uk)

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

The Church of the Good Shepherd, Lower House Lane L11 2SF  
**07871 914364 0151 226 2992**  
[info@triplecliverpool.org](mailto:info@triplecliverpool.org)

## **Pagoda Chinese Community Centre**

Pagoda Arts Henry Street, Liverpool, L1 5BU  
**Email: [info@pagodaarts.org.uk](mailto:info@pagodaarts.org.uk)**  
**Tel: 07542339019**

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

Church House, 1 Hanover Street, L1 3DN  
**0151 558 1442 [info@4wings.co.uk](mailto:info@4wings.co.uk)**

## **Amadudu Women's Refuge**

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

## **Muslim Community Helpline**

0208 904 8193 or 0208 908 6715  
[ess4m@btinternet.com](mailto:ess4m@btinternet.com)

## **Savera UK**

151 Dale Street, Liverpool, L2 2AH  
**0800 107 0726 [info@saverauk.co.uk](mailto:info@saverauk.co.uk)**

## **Liverpool Malayalee Association**

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

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

**0151 726 8900**  
[info@meditationinliverpool.org.uk](mailto:info@meditationinliverpool.org.uk)

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

Osun Foundation, The Old Saint Lawrence School Building, Westminster Road, Liverpool, L4 3TQ  
**0151 922 2911 [sunartsfoundation@gmail.com](mailto:sunartsfoundation@gmail.com)**

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

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG  
**0151 263 1808 [info@liverpoolirishcentre.org](mailto:info@liverpoolirishcentre.org)**

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

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL  
**0151 733 2292 [info@mjccshifrin.co.uk](mailto:info@mjccshifrin.co.uk)**

## **Al-Ghazali Multicultural Centre**

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD  
**0151 734 3843 [info@alghazalicentre.co.uk](mailto:info@alghazalicentre.co.uk)**

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

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP  
**0151 727 2855**  
[info@liverpoolarabiccentre.org.uk](mailto:info@liverpoolarabiccentre.org.uk)

## **Merseyside Polonia**

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP  
**0151 237 2674 [info@merseysidepolonia.com](mailto:info@merseysidepolonia.com)**

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

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

## **Mary Seacole House**

91 Upper Parliament Street, Liverpool, L8 7LB  
**0151 707 0319 [info@maryseacolehouse.com](mailto:info@maryseacolehouse.com)**



# Migrant and Multi-Cultural Support in Wirral



## Pal Multicultural Centre

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

## The Kuumba Imani Mellinum Centre

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

## Florrie

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

## Liverpool Arabic Centre: 'Your Safe Space'

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

## Mary Seacole House

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

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

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

## Merseyside Refugee Support Network (MRSN)

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

## Family Refugee Support Project (FRSP)

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

## Opoko

Opoka aims to help women and children in the Polish community improve health, well-being, financial stability, and happiness by stopping domestic violence and abuse.  
**0300 365 1700**  
**info@opoka.org.uk**

## Art Therapy - Heart4Refugees

Offer well-being and emotional and practical support to refugees and asylum seekers living in the Wirral area. Grange Baptist Church, Whetstone Lane, Birkenhead, CH41 2QS  
enquiries@aheart4refugees.org  
**Wednesday 1 pm to 3 pm**

## Jewish Women's Aid

Jewish Women's Aid (JWA) was founded to support the thousands of Jewish women who, each year, will face physical, emotional, psychological, sexual or economic abuse from within their own close family.  
**020 8445 8060 info@jwa.org.uk**

# National Migrant and Multi-Cultural Support



## **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**

## **Useful Links**

**British Red Cross** - [RAMP@redcross.org.uk](mailto:RAMP@redcross.org.uk)

**SHAP** - [cdw@shap.org.uk](mailto:cdw@shap.org.uk)

**Oneworld Parish Nurse** -

[rachelsutton.parnurse@mail.com](mailto:rachelsutton.parnurse@mail.com)

**Refugee Women Connect**

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

# Women's Groups in Wirral



## Women's Groups

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

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

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

54 St James Street, Liverpool, L1 0AB  
**0151 706 8113** [enterprisehub@thewo.org.uk](mailto:enterprisehub@thewo.org.uk)

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

**01708 730805** [nawc@btconnect.com](mailto:nawc@btconnect.com)

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

Luna, Northern Lights, 5 Mann Street, L8 5AF  
[info@paperworktheatre.co.uk](mailto:info@paperworktheatre.co.uk)

### **Females First**

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

## **Tomorrow's Women**

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

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

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

### **Better Solutions**

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

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

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

**Guided Meditation**  
**Friday 3 pm to 3.30 pm**

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

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

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



# Women's Groups in Wirral



## Women's Groups

### **GotTheTeeShirt Coffee Morning**

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

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

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

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

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

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

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

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

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

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

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

### **Ladies Circle**

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

# Riverside

## Men's Groups in Wirral



### Men's Groups

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

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

#### **Sean's Place**

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

#### **Andys Man Club Liverpool**

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

#### **James' Place Liverpool**

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

#### **ManKind Project**

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

#### **Mind Halton**

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

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

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

#### **Bee Wirral Projects**

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

#### **Silverback Social**

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

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

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

#### **Woodwork Workshop**

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

#### **Crown Green Bowling**

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

#### **Creating a Community Garden**

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



# Riverside Men's Groups in Wirral



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

Livingstone Street Play and Community Centre, 130 St Anne Street, Birkenhead, Wirral, CH41 3HX  
07731 478096/0151 647 6044  
equilibriumnwteam@gmail.com

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

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

Please contact to register  
WEB Merseyside, 32 Argyle Street, CH41 6AE  
**0151 653 3771**  
**info@webmerseyside.org**

## **Paul Lavelle Foundation**

Offers therapeutic support to males who feel they are experiencing or have experienced domestic abuse.  
The Community Village, 330-334 New Chester Rd, Birkenhead, CH42 1LE  
**0151 294 4176**  
**info@paullavellefoundation.co.uk**

## **ANDYSMANCLUB**

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

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

## **Men's Shed Groups**

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

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

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

# LGBTQ+ Support in Wirral



## LGBTQ+

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

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

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

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

### **Sahir**

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

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

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

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

Practical & emotional support for people who have been affected by LGBTQ+ hate incidents, and their families, across Merseyside.  
**0151 522 1400 ext 5006**  
[LGBTHateCrime@caliverpool.org.uk](mailto:LGBTHateCrime@caliverpool.org.uk)

### **Switchboard LGBT+ Helpline**

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

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

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

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

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

### **Galop**

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

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

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

### **LIV.FAST Network**

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

### **Body Positive**

Body Positive is a Cheshire based charity providing a range of services in sexual health and relationships and to the LGBT+ communities. Information, support, counselling and condoms available.  
**01270 653150**  
[health@bpcnw.co.uk](mailto:health@bpcnw.co.uk)  
[info@silverrainbows.com](mailto:info@silverrainbows.com)

### **Loving Me**

Loving Me is a service which provides one-to-one support and advocacy, for Trans and Non-Binary victims of domestic abuse or sexual violence who are aged 18 and over and live in England.  
**07902 478958/** [help@lovingme.uk](mailto:help@lovingme.uk)

# LGBTQ+ Support in Wirral



## 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/**



# Additional Support in Wirral



## Sexual Violence Support

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

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

**0151 666 1392** [helpline@rasamerseyside.org](mailto:helpline@rasamerseyside.org)

### **Rape Crisis**

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

**0808 500 2222**

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

24 hour telephone support service

**0151 295 3550**

### **Silent Solution**

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

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

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

**PO Box 35, Warrington. WA1 1DW**

**01928 477980/0330 363 0063**

### **Rape Crisis**

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

**0808 500 2222** open 24 hours a day

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

### **Galop**

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

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

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

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

**0808 500 2222**

**To chat online or find out more visit**

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

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

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

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

### **The Survivors Trust**

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

**08088 010818**

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

More information can be found at

[www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

# Additional Support in Halton



## Hate Crime

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

## **Stop Hate UK**

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

You can report a hate crime by:

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

**Text relay: 18001 0113 293 5100**

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

## **Anthony Walker**

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

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

**0151 237 3974**

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

## **Daisy Inclusive UK**

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

**0151 261 0309**

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

## **Citizens Advice Liverpool**

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

**0800 144 8848**

## **Victim Support: (24/7 support)**

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

**0808 16 89 111**

Live chat available by visiting

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

## **Hate Crime Campaign**

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

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

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

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

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

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

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