

# Support Directory Langley



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# Riverside

## Food Support Services in Langley



### Council Support

#### **Cost of living services helpline:**

Lines are open Monday to Friday 9 am to 5 pm  
**01706923685**

**Household Fund** - If you're having financial issues during 2023, you may be able to access superstore vouchers, fuel vouchers and other help through the Household Fund.

**Eligibility** - Anyone who is in financial need is eligible to apply for this fund.

This financial support will be used for:

- Food vouchers - we're targeting support for low-income families by providing e-food vouchers.
- Energy costs for older people - we'll be targeting support and contacting individuals.
- Household Fund - we'll be investing further in our Household Fund for anyone who is in financial need.
- Household energy scheme - this will be operated through Groundwork.

Homelessness prevention.

**How to apply** - helpline on **01706 923685**

### Food Banks

#### **Helping Hand Rochdale**

Emergency Food Parcel Delivery Across Rochdale

**Enquiries: 07766 367086 (text only)**

#### **Christian Restoration Manchester**

451 Victoria Avenue, Blackley, Manchester M9 8PJ

**0161 740 9966 07936004774**

**Wednesday and Friday 10 pm to 1 pm and**

**Sundays 12pm to 1pm.**

#### **Middleton Central Foodbank - at the Lighthouse Project**

Lighthouse Project, S6b/c Second Floor, Middleton Shopping Centre, Limetrees Road, M24 4EL  
0161 643 116

**Open Monday and Thursday 11 am to 1 pm**

Pick up a voucher at burnside community centre. Ask for Kerry, Trisha or Lisa.

#### **Burnside emergency food parcels, supermarket vouchers and crisis support.**

Free essential food, vouchers and care items available every day. Or drop in, ask for Trisha, Lisa or Kerry. **36**

**Burnside Cres, Middleton, Manchester M24 5NN**

**Monday:** Emergency food parcels and crisis support

**Tuesday:** Food and white goods project

**Wednesday to Friday:** Emergency food parcels and crisis support

#### **Heywood Foodbank**

Heywood Baptist Church, Rochdale Road, OL10 1LE  
07396071193

**Open Monday and Friday 10 am to 12 pm**

#### **Humans MCR - DELIVERY ONLY**

1150 Rochdale Road, M9 6FQ

0161 234 0171

All referrals done online.

Email [info@humansmcr.org](mailto:info@humansmcr.org) for more information

### Pantries

#### **Heywood Pantry**

Back O'th Moss Community Centre, 52 Peel Lane

Heywood, OL10 4TU

Weekly Fee: £5.00

**Opens every Thursday 9.30 am to 12 pm**

# Food Support Services in Langley



## Lighthouse Pantry

S6b/c Second Floor, Middleton Shopping Centre,  
Limetrees Road, M24 4EL

0161 643 116

pantry@lighthouseproject.org.uk

Weekly Fee £4.50

**Open Tuesday, Thursday and Friday 9.30 am to  
12.30 pm**

## St Andrew's Church Community Hub

Higher Blackley Community Centre, Victoria Avenue,  
Mersey Drive, Hillock Estate M45 8LA

Weekly Fee £4.50

**Wednesday 12:30 pm to 3 pm**

## Nigeria Community Association

Rochdale African Food Bank will be serving Black  
Minority Ethnic with culturally appropriate food.

Referrals Only.

Open Monday 11 am to 2 pm

In addition we run a Food Pantry to the wider  
community which incurs a small cost of £3 or £5 on  
collection.

**Mary Adekugbe 07456 136150**

**nigeriacommunityassociation1@gmail.com**

## Community Groups

### Ciata Foundation

Supplying South African families with food living in  
Middleton.

**Gwen Forrest 07926 893061**

**info@ciatafoundation.org**

### CC House of Praise

Offer variety of food for both African and English  
Community in Middleton.

Sunday Onabanjo 0161 2779500 07943 239261

**info@ccchouseofpraise.co.uk**

**ccchouseofpraise@gmail.com**

## The Bread and Butter Thing - Mobile food club

Higher Blackley Community Centre, Victoria Avenue  
M9 0RA

Closet Centre St Pauls Church M9 6RA

**0161 264 9982**

How it works

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

To find out more

**[www.breadandbutterthing.org/members](http://www.breadandbutterthing.org/members)**

## Rochdale Soup Kitchen

Champness Hall, Great George Street, OL16 1PQ

Anyone in need can come to the soup kitchen and  
will be given a bag of food containing a home cooked  
meal, tin of soup, bread, cakes, fruit and drinks.

07817 150327

slatvi@aol.com maz\_jones59@yahoo.co.uk

**Open Monday, Wednesdays and Fridays**

**12.30 pm to 2 pm**

## Awakening Minds

Awakening Minds collaborating with local grass  
routes organisations, providing weekly hot meal  
takeaway service and food parcels, to the most  
vulnerable members of our community.

**07866 047642 / 01706 52310**

**awakeningmindscic@gmail.com**

## Equal Education Chances

EEC provides cultural appropriate food parcels for  
families and individuals.

**Mary Olanrewaju 0161 2119016**

**equaleducationchances@gmail.com**

## Heywood Food Club

Derby Street Children's Centre, Derby Street, OL10  
4Q

01706 369889

**Open Friday 9.30 am to 11.30 am**

# Food Support Services in Langley



## **Radcliffe Food Club**

Bridge Community Church, Milltown Street,  
Radcliffe M24 1WD

0161 736 7959

£5 annual membership, £3 per shop.

**Wednesday 10 am to 12 pm and 6 pm to 7 pm**

## **Bowlee Community Organisation CIC**

Heywood Old Rd, Middleton, Manchester M24  
4SD.

07342110803

hosting a variety of social groups and community  
projects. Regular boot sales and community  
events.

**Open Monday - Friday: 10am - 2pm**

## **Alkrington Woods Nature Reserve**

Manchester Old Rd, Rhodes, Middleton,  
Manchester M24 4EA

<http://www.alkringtonwoods.org/>

01706373421

## **Community Shops**

### **Middleton shop**

Stakehill Industrial Estate, Touchet Hall Road,  
Middleton, M24 2SJ

0161 655 6600

**Open Monday to Friday 8 am to 8 pm,**

**Saturday 8 am to 6 pm, Sunday 10 am to 4pm**

## **Stepping Stone Project**

Homeless support group with community shop.  
with community shop.

**Bowness Rd, Middleton, Manchester M24 4WT**

**01616431722**

## **National Organisations**

**Too good to go** - The Too Good To Go app lets  
customers buy and collect Magic Bags of this food  
- at a great price - directly from businesses.

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

**OLIO** - Olio is a mobile app for food-sharing,  
aiming to reduce food waste. It does this by  
connecting those with surplus food to those in  
need. **<https://olioapp.com/en/>**

## **Trussell Trust Helpline - 0800 915 4604**

Open Monday to Friday, 9am – 5pm

## **Salvation Army**

Run food banks year-round from many of their  
churches and community centres.

## **OddBox - Fighting food waste**

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

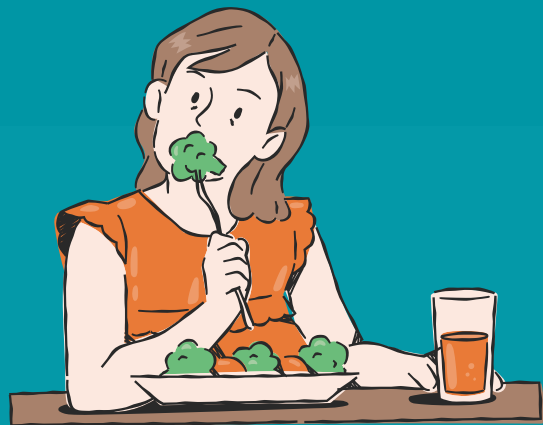
## **The Trussell Trust**

Search the Trussell trust website to find your local  
centre.

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

# Riverside

## National Food Support services



### 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/>

#### **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.

#### **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/>

#### **NOSH**

Nosh is an AI-based 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.

#### **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>

# National Food Support services



## **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

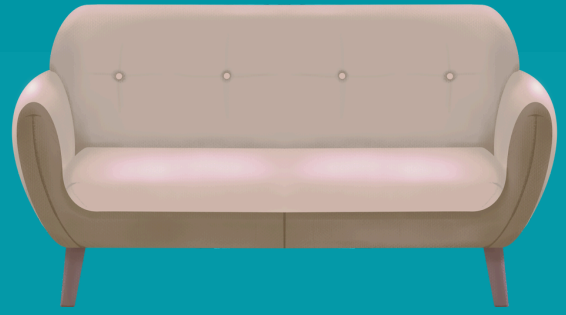
**07860 063 304** with your full name, postcode, and the name of the hub you will be collecting from.

## **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 Langley



## Council Support

### **Discretionary Crisis Fund**

The Discretionary Crisis Fund is the name for a sum of money we can access as a last resort to help Rochdale borough residents who find themselves in a crisis.

#### **You must meet ALL the following to apply:**

- You're 16 years old or over.
- You live in Rochdale borough or have accepted a firm offer of tenancy in the borough.
- You claim a benefit. This includes if you're in work and claim a benefit or if your benefits have been sanctioned.

You haven't already received 2 awards in the last 12 months.

**0300 303 8874**

**HousingSolutions@rochdale.gov.uk**

### **Household Support Fund**

If you're having financial issues during 2023, you may be able to access superstore vouchers, fuel vouchers and other help through our Household Fund. Anyone who is in financial need is eligible to apply for this fund. To apply or for more information call the helpline on **01706 923685**

## Recycle Resources

### **Oldham Renew Shop**

Arkwright Street, Oldham, OL9 9LZ  
Open Monday to Sunday 9 am to 6 pm  
(Closed for Lunch 12:30 pm to 1 pm)

#### **Online Store -**

**[www.ebay.co.uk/str/renewgreatermanchester](http://www.ebay.co.uk/str/renewgreatermanchester)**

### **Reclaim Yard**

Unit 1, Boarshaw Trading Estate, Boarshaw Rd,  
Middleton, Manchester M24 4WH

**07725837807**

### **STATUS 4 ALL**

157 Windermere Rd, Middleton, Manchester M24 5NQ

<http://www.status4all.co.uk/>

**01616436635**

## Charity Shops

### **Oldham Cats**

Toynton Villa Cattery, Saxon St, Middleton,  
Manchester M24 2AD

**Open: Sunday - Monday 11am -3pm**

**01616536530**

### **The Middleton Collection**

Grimshaw Ln, Middleton, Manchester M35 9BL

**open 24/7**

<http://www.themiddletoncollection.co.uk/>

### **YMCA Middleton**

6 Middleton Shopping Centre M24 4EL

0161 6548 853

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

### **Emmaus Department Store**

50 Rochdale Exchange Shopping Centre OL16 1EA

**0330 058 4264**

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

### **British Heart Foundation**

Rochdale Furniture & Electrical Store, 3 Wheatsheaf  
Shopping Centre, Baillie Street, OL16 1JZ

**01706 540380**

**Open Monday to Saturday 9 am to 5 pm  
Sunday 10.30 am to 4.30 pm**

### **The Salvation Army**

Unit 1 Haynes Street, Rochdale, OL12 0UW

**Contact for opening hours 01706 645151**

# Furniture Support in Langley



## Charity Shops

### **British Heart Foundation**

G23A Middleton Shopping Centre, Middleton, Greater Manchester, UK, M24 4EL

**0161 654 6665**

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

### **Springhill Hospice - Middleton Store**

18-20 Wood Street, Middleton, M24 5TF  
0161 654 7457

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

### **Springhill Hospice**

The Emporium Jacksons Corner, Molesworth Street  
Rochdale OL16 1UD

01706 522844

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

### **Sanctuary Trust**

Storehouse Community Shop - Charity shop with a difference

54 Drake Street, Rochdale, OL16 1NZ

**01706 649988**

**storehouse@sanctuarytrust.org.uk**

### **SPCA - Middleton**

1 Middleton Gardens, Middleton M24 1AJ  
07708695353

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

### **Barnardo's**

315-317 Cutgate Shopping Centre, OL11 5AQ  
01706 358833

**Open Monday to Saturday 9 am to 6 pm  
Sunday 10 am to 4 pm**

## Second Hand Furniture

### **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/>**

### **Furniture bank UK**

Huddersfield based upcycling centre.

Collect unwanted furniture and items.

Can provide crisis furniture packs, including: white goods, 2 seater sofa, single or double mattress, drawers or shelf unit for storage.

Tailored to your need.

**Contact Kym on 01616431722 to receive a quote**

## 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 Langley



## Council Support

### **Discretionary Crisis Fund**

The Discretionary Crisis Fund is the name for a sum of money we can access as a last resort to help Rochdale borough residents who find themselves in a crisis.

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- You're 16 years old or over.
- You live in Rochdale borough or have accepted a firm offer of tenancy in the borough.
- You claim a benefit. This includes if you're in work and claim a benefit or if your benefits have been sanctioned.
- You haven't already received 2 awards in the last 12 months.

**0300 303 8874**

**HousingSolutions@rochdale.gov.uk**

### **Talk to an energy adviser**

Call our consumer helpline on 0808 223 1133.

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

## Credit Unions

### **Oldham Credit Union Ltd**

9 Albion Street, Town Centre, Oldham, Greater Manchester, England, OL1 3BG

**01616787245**

### **Manchester Credit Union Ltd**

Ground Floor, Queens Court, 24 Queen St, Manchester, Lancashire, England, M2 5HX

**01612315222**

### **Citizens Advice SORT Group (Rochdale)**

Number One Riverside, Smith Street, OL16 1XU

Call **0808 278 7803** to book an appointment

Citizens Advice also run a drop-in from Rochdale Central Library in Number One Riverside on **Mondays, Wednesdays and Thursdays 10 am to 4 pm**

### **Money Advice Service - 0300 500 5000**

### **National Debt Line - 0808 808 4000**

### **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).

**Money Advice service** free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead **0800138 7777**

## Debt Support Charities

### **Living Well Rochdale**

Lock 50, Oldham Road, Rochdale, OL16 5RD

**01706 392 210**

### **Middleton Day Centre**

115 Long Street, Middleton, M24 6DL

**0161 655 4062**

**john@bmdc.org.uk**

### **Lighthouse Money Advice**

The Lighthouse Project, S6b/c Middleton Shopping Centre, Limetrees Road, Middleton, M24 4EL

Call 0161 537 2222 / 0161 643 1163 to enquire or arrange an appointment

**helloLMA@lighthouseproject.org.uk**

### **Debt Buffer**

Help individuals and families near Rochdale with free debt advice and debt counselling. We provide fast, easy and free confidential advice and support by quickly establishing what form of debt solution might be right for your needs and level of income.  
0800 488 0247

### **St Bernard's Support**

Financial wellbeing online and telephone help sessions for people affected by cancer and other illnesses. Every 2nd Tuesday of each month 10 am to 9 pm.

**0800 772 0723** [help@s-b-s.org.uk](mailto:help@s-b-s.org.uk)

### **Employment Support**

#### **Working Well**

Ingeus, College Road, Empire House, OL12 6AE  
Visit [www.inworkgm.co.uk](http://www.inworkgm.co.uk) for more information

#### **Motiv8**

Motiv8, Jigsaw Homes Group, Cavendish 249,  
Cavendish Street, Ashton-under-Lyne, OL6 7AT

**0161 331 2048**

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

#### **RBH / Rochdale Councils Work and Skills Hub**

The new work and skills drop-in, located in the Strand Community Hub, will be open twice a week, offering a mix of drop-in sessions, tailored advice and one to one appointments to help people get the jobs, skills and volunteering opportunities they need.

**01706 273 977**

[community.partnership@rbh.org.uk](mailto:community.partnership@rbh.org.uk)

#### **Youth Hub**

Work with people who are aged 18-24 that are NEET (Not in Education, Employment or Training) and carry out full holistic assessments and coaching to help them into employment or training.

**Steph Rush - [steph.rush@rochdale.gov.uk](mailto:steph.rush@rochdale.gov.uk)**

### **Fuel and Energy Support**

#### **Energy Projects Plus**

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

0800 043 0151

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

#### **British Gas Energy Trust**

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

#### **Scottish Power Hardship Fund**

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

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

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

#### **Support from Banks**

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

### **National Debt services**

#### **Turn2us**

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

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

#### **National Debtline**

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

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

#### **Debt Advice Foundation**

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

**0800 043 4050**

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

# National Cost of Living Support



## 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

Citizens Advice give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. 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



## Citizens Advice

Full debt and consumer advice service in England and Wales. Many bureaux 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



## **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.eplus.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



## Government Support

Find a Job in England, Scotland or Wales through the government's official job vacancy service that offers a simple and streamlined 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, packaged up with support from some of the country's leading educational experts and employers.

<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 Langley



## Welcoming Spaces

Libraries are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

### **Middleton Library**

Long Street, Middleton, Rochdale, M24 6DU  
**0300 3038876**  
[middleton.library@rochdale.gov.uk](mailto:middleton.library@rochdale.gov.uk)

### **Junction Community Library**

Jumbo Social Centre, Grimshaw Lane, M24 2BW  
**0300 3038876**  
[junction.library@rochdale.gov.uk](mailto:junction.library@rochdale.gov.uk)

### **Alkrington Library**

Kirkway, Middleton, Rochdale, M24 1LW  
0300 3038876  
[alkrington.library@rochdale.gov.uk](mailto:alkrington.library@rochdale.gov.uk)

### **Langley Library - Langley Children's Centre**

Windermere Road, M24 5PY  
**0300 3038876** [langley.library@rochdale.gov.uk](mailto:langley.library@rochdale.gov.uk)

### **Burnside Centre**

36 Burnside Crescent, Middleton, M24 5NN  
**0161 643 5775** [enquiry@burnsidecentre.org.uk](mailto:enquiry@burnsidecentre.org.uk)

### **Middleton Cricket Club**

Hollin Ln, Middleton, Manchester M24 5EE  
**01616433595**  
[middleton.library@rochdale.gov.uk](mailto:middleton.library@rochdale.gov.uk)

### **Boarshaw Working Men's Club**

Boarshaw Rd, Middleton, foodbank M24 6GB  
**01616432820**  
**Boarshaw Rd, Middleton, foodbank M24 6GB**

**\*More spaces to be announced soon.**

### **Welcoming Spaces/Warm Hubs**

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

### **Warm Welcome**

Warm Welcome Spaces are opening their doors to local communities, offering everyone a free, warm, welcoming and friendly space. Why not explore your local Warm Welcome Space, it's a great place to connect with your community and to make new friends.

You can search spaces near you by visiting  
**<https://www.warmwelcome.uk/>**

# Riverside

## Digital Inclusion

### Support in Langley



#### 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 Langley



## Learning

### **Learn My Way**

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

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

### **Barclays Digital Wings**

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

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

### **FutureLearn**

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

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

### **ALISON**

Over 750 FREE online courses are available on ALISON. Subjects range from languages, business and enterprise skills, personal development, health, digital literacy and IT skills.

<https://alison.com/>

### **The Digital Garage from Google**

Google's Digital Garage offers free tutorials on everything from your website to online marketing and beyond.

<https://grow.google/intl/uk/>

## **Digital Tech (Digitech) Library**

The Digitech Library is a partnership between Rochdale Borough Council, the voluntary sector and local organisations to help tackle digital exclusion and poverty.

You can borrow a laptop, Chromebook or tablet from your local library to use at home. This works in a similar way to how you can borrow a library book.

### **How to borrow a laptop or tablet**

You can borrow a laptop or tablet from a library, and renew it every 3 weeks. You can borrow the device for up to 9 weeks.

To be eligible to borrow a laptop or tablet you must meet all of the following conditions:

- You must be aged 18 or older
- You must live in the borough of Rochdale
- You need a device for your wellbeing, education or work

If you feel that you're eligible to borrow a computer or tablet, you can apply by:

**Email [DTL@rochdale.gov.uk](mailto:DTL@rochdale.gov.uk)**

**Phone 01706 926653**

### **Hopwood Hall College**

Rochdale Road, Middleton, M24 6XH

**01616437560 [enquiries@hopwood.ac.uk](mailto:enquiries@hopwood.ac.uk)**

# Riverside

## Digital Inclusion Support in Langley



### How to get free sim cards and data

Rochdale are now part of the National Databank, and can offer people up to 6 months of free data. They can provide SIM cards and help you set them up so you can use the internet on your devices.

#### **To be eligible for free data, you must meet the following conditions:**

- You must be aged 18 or older
- You must live in the borough of Rochdale
- You must be from a low-income household

#### **You must also qualify in 1 or more of the following statements:**

- Have no access or insufficient access to the internet at home
- Have no access or insufficient access to the internet when away from home
- Not able to afford your existing monthly contract or top-up.

If you feel that you're eligible for free data, you can apply by:

**Email [DTL@rochdale.gov.uk](mailto:DTL@rochdale.gov.uk)**  
**Phone 01706 926653**

### Libraries

Libraries across Rochdale offer a range of different services and support including computer access, group activities and wellbeing support.

#### **Langley Library**

Langley Children's Centre, Windermere Road, M24 5PY  
**0300 3038876 [langley.library@rochdale.gov.uk](mailto:langley.library@rochdale.gov.uk)**

### Local groups and organisations

#### **Demesne Community Centre**

**Asby Close, Middleton, M24 4JF**

Demesne Community Centre is a busy community centre situated on the heart of Langley Estate. The centre offers a wide range of activities for individuals of all ages living in Middleton and further afield.

Please contact **0161 653 2902** before attending to check computer availability.

**[t.khandoker@cvsr.org.uk](mailto:t.khandoker@cvsr.org.uk)**

#### **Bowlee Community Organisation**

The Pavilion, Heywood Old Road, M24 4SD

**01616554411 [suesmithbca@outlook.com](mailto:suesmithbca@outlook.com)**

#### **STATUS4ALL**

157 Windermere Road, Middleton, M24 5NQ

**0161 6436635 [status4u@live.co.uk](mailto:status4u@live.co.uk)**

#### **The Lighthouse Project (Middleton)**

S6 Second Floor Middleton Shopping Centre,  
Limetrees Road, Middleton, M24 4EL

**0161 643 1163 [info@lighthouseproject.org.uk](mailto:info@lighthouseproject.org.uk)**

# Riverside

## Youth Provision in Langley



### **Sure Start Programme**

Sure Start is a UK-wide programme that was introduced to support children under the age of four and their families. It supports parents from pregnancy until their child starts school, ensuring children in disadvantaged areas are given the best start in life and helping them reach their potential. Sure Start helps children to learn new skills and support their social and emotional development as well as support the family's health and wellbeing. This could be through enhanced health visits, or good quality play and children's centres. The programme offers a variety of services, such as guidance on parenting or creative and development activities for children.

### **Sure Start Children's Centre Team**

Floor 4, Number One Riverside Smith Street  
Rochdale OL16 1XU

**0300 303 0430**

**Open Monday to Friday 8.30 am to 4.45pm**

### **Children's Centres**

#### **Langley Sure Start Children's Centre,**

Windermere Road, Langley, M24 4LA  
Langley Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. There are excellent indoor and outdoor play facilities and an action packed timetable of specially planned activities throughout the week.

Langley Children's Centre offers the Family Journey Programme, a series of 12 workshops shaped to support families at the different stages of your child's development, such as weaning, potty training and going to nursery.

**0161 653 9526 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday 8 am to 6 pm**

#### **Langley Sure Start Children's Centre,**

Windermere Road, Langley, M24 4LA  
Langley Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. Langley Children's Centre offers the Family Journey Programme, a series of 12 workshops shaped to support families at the different stages of your child's development.

**0161 653 9526 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday 8 am to 6 pm**

#### **Hollin Sure Start Children's Centre**

Tintern Road, Hollin, Middleton M24 6JP  
Purpose-built facility, Hollin Sure Start Children's Centre offers a convenient, safe, family friendly environment for families with children aged 0–5 years. There are excellent indoor and outdoor play facilities and an action packed timetable of specially planned activities throughout the week.

**0161 655 4429 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday 8.45 am to 3.45 pm**

#### **Kirkway Sure Start Children's Centre**

Kirkway Sure Start Children's Centre offers a variety of family friendly activities for all families in the Alkington area of Middleton with children aged 0–5 years.

Kirkway, Middleton M24 1FL

**01706 927292 [family.info@rochdale.gov.uk](mailto:family.info@rochdale.gov.uk)**

**Open Monday to Friday: 8.30 am to 12.30 pm**

#### **Burnside Pre-School**

Locally managed community play group. Partnered with Burnside community centre.

36 Burnside Cres, Middleton, Manchester M24 5NN

**9 am to 3 pm (term time - fees apply)**

**Lisa Laryea: 0161 643 5775**

**[enquiry@burnsidecentre.org.uk](mailto:enquiry@burnsidecentre.org.uk)**

**<http://www.burnsidecentre.org.uk>**

# Riverside

## Youth Provision in Langley



### Mental Health support

#### **Young Minds Website and 24/7 text line**

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**

#### **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)**

#### **The Young People's Mental Health Support Team - Thrive in Education**

Delivered by Pennine Care NHS Foundation Trust Early Break, Your Trust, Place2Be and Youth in Mind, this provision helps young people age 4 to 18 experiencing low level emotional and behavioural difficulties, such as worry and low mood.

**0161 716 2908**

### 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)**

### Local Services

#### **Middleton youth clubs**

If you would like to get involved in any youth groups, please contact the Middleton Youthwork Team:

**Heather Mellalieu - 01706 924295**

**Jill Amos - 01706 923131**

**Mudassar Mahmood - 01706 924516**

#### **Street based youth work sessions - Langley**

For more information, contact Jill **01706 923131**

**Thursday 6.15 pm to 8.30 pm**

#### **Street based youth work sessions**

Town centre and various locations across Middleton township. For more information, contact Jill at

**01706 923131.**

**Friday 6 pm to 8.45 pm**

#### **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/>**

# Youth Provision in Langley



## Springvale Youth Centre

Oldham Road, Middleton, M24 2LA

Open to all young people 11-19 and up to 25 if you have additional needs.

For more information contact Jill **01706 923131**

**Youth Club** - Tuesday and Friday 6.30 pm to 8.30 pm

**Youth Creative outdoors and gardening club** - Thursday 3 pm to 5 pm

**SEN Ability Session** - Wednesday 6.15 pm to 8.30 pm (Attendance is by invitation only. For more information, contact Paula - **01706 924294**)

## Boarshaw Youth Club

Stanycliffe Community Centre

6.15 pm to 8.30 pm

For more information, contact Muddy Mahmood at **01706 924516**

## Rochdale Youth Service ages 8 to 18

Support young people in their transition from childhood to responsible adulthood, encouraging their social development and individual fulfilment, and help and encourage them to engage more actively in society.

Number One Riverside, Floor 4, Smith Street, Rochdale, OL16 1XU

**01706 926090**

[youth.service@rochdale.gov.uk](mailto:youth.service@rochdale.gov.uk)

<https://rochdaleyouthvoice.co.uk>

## The Mix

Advice and support for under 25s

**0808 808 4994 lines open 4 pm to 11 pm**

## ChatHealth for Young People

Provide a text message based advice service. The service is for children and young people aged 11 to 19 who live or attend a school in Heywood, Middleton or Rochdale.

**07507 330382 Text messages only**

## Heywood, Middleton and Rochdale young people's mental health support team

Unit 2, Argyle Parade, Heywood, OL10 3RY  
0161 716 2908

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

## Thrive

Supporting children and young people, aged up to 19 years, who are experiencing emotional health and wellbeing issues (e.g. feeling stressed, worried or not enjoying things).

#Thrive can also provide advice and support to parents, carers and anyone that works with a child or young person.

Under 8s please call **0161 716 2844** to arrange a consultation, and over 8s please come along to a drop in Tuesday or Thursdays 12 pm to 4 pm.

#Thrive, Unit 2, Argyle Parade, Heywood, OL10 3RY

**0161 716 2844 - Open Monday to Friday 9 am to 5 pm**

## The Proud Trust

The Proud Trust is an LGBT+ youth charity empowering young people to be proud of who they are. The Proud Trust delivers youth work and one-to-one support across Greater Manchester and Cheshire.

49-51 Sidney St, Manchester, M1 7HB

**0161 660 3347**

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

# National Support for Young People



## **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 you 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.

## **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)**

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

**0808 808 2008**

**[myh.org.uk](http://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](http://theproudtrust.org)**

## **Support for grief, trauma and abuse**

**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](http://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](mailto:hopeagain@cruse.org.uk)**

**[hopeagain.org.uk](http://hopeagain.org.uk)**

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

**[kidscape.org.uk](http://kidscape.org.uk)**

# National Support for Young People



**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](http://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**

## **Help 2 Make Sense**

Advice and resources for coping with grief, plus an email helpline and webchat.

**[help2makesense.org](http://help2makesense.org)**

# SEN Youth Provision in Langley



## **Baby Sensory Classes - Rochdale**

Baby Sensory classes provides sensory learning and development from birth to 13 months.

For more information contact Kelly Trowers on  
07778 840722

[rochdale@babysensory.co.uk](mailto:rochdale@babysensory.co.uk)

[www.babysensory.com/rochdale](http://www.babysensory.com/rochdale)

## **Eliza Says - Rhyme and Sign Classes**

All Aboard Education, 43, Oldham Road OL16 5QJ

Fun and relaxed signing sessions, learn some sign language through rhyme, play and song.

Sign language is inclusive for everyone.

For more information contact Lorenza

**07713 012236**

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

## **Jolly Josh**

Welcomes families who have children with complex medical needs, profound multiple learning disabilities and/or physical disabilities. All sessions need to be booked in advance.

Ensor Mill, Queensway, Rochdale, OL11 2NU

[hello@JollyJosh.co.uk](mailto:hello@JollyJosh.co.uk)

[www.jollyjosh.co.uk](http://www.jollyjosh.co.uk)

## **Pre-school Music Group for Children with a Hearing Impairment**

Run a term time pre-school music group for children with a hearing impairment aged 0 to 4 years old and their families.

Heybrook Sure Start Children's Centre, Park Road  
OL12 9BJ

For more information contact Elizabeth Croshaw

**01706 926479**

[elizabeth.croshaw@rochdale.gov.uk](mailto:elizabeth.croshaw@rochdale.gov.uk)

## **Shine Parent Support Group**

SHINE is a 5 week parenting group for parents carers of children aged 5 and under whose children have social and communication needs.

Blue Pit Mill, Floor 2, Queensway, OL11 2YW

**01706 769634**

[rochdale.services@barnardos.org.uk](mailto:rochdale.services@barnardos.org.uk)

## **Council for disabled Children**

Rochdale SEND Information, Advice, and Support Service

Barnardo's Rochdale SENDiass, Blue Pit Mill,

Floor 2 Suite 2 Queensway, OL11 2PG

01706 769634

[rochdale.sendiass@barnardos.org.uk](mailto:rochdale.sendiass@barnardos.org.uk)

[www.barnardos.org.uk/rochdalesendiass](http://www.barnardos.org.uk/rochdalesendiass)

## **After Matters**

After Matters aim to provide inclusion, support and sources of help for young (16-25) brain injury survivors and their families in the Greater Manchester area.

1st Floor, Swan Buildings, 20 Swan Street, M4 5JW

**0333 323 4950** [hello@aftermatters.org.uk](mailto:hello@aftermatters.org.uk)

## **Calm Connections CIC**

Calm Connections offer support to parents and carers of children and young people experiencing mental health and emotional wellbeing challenges.

**07984 320308** [louise@calmconnections.org](mailto:louise@calmconnections.org)

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



# Riverside

## Family Support in Langley



### **Holiday Activity and Food Programme - (HAF)**

All activities are free and include food. Sessions are available across Rochdale, Heywood, Middleton and the Pennines. There are a variety of fun and enriching activities that primary and secondary school age children who are eligible for benefits related free school meals can take part in.  
**FitAndFed@yourtrustrochdale.co.uk**  
**<https://haf-rochdale.co.uk>**

### **Crisis Support**

#### **Early Essentials,**

Early Essentials Manchester provide newborn Moses basket starter packs for some of the most vulnerable pregnant women in our local community, who have been identified by their health or social care professional as being in great need.

**Manchester, Community Grocery Distribution Centre / Acre House, Shentonfield Road, Sharston Ind Estate, Manchester M22 4RW**

#### **Healthy Gems Hub**

The Healthy Gems Hub is a baby bank based in John St Medical Practice that aims to meet the needs of families in crisis by providing baby items and safety equipment. The Hub also provides therapeutic counselling support and access to a face to face GP.

**1 John Street, Oldham, OL8 1DF**  
**07487 506 192**

#### **You Are Not Alone (YANA)**

Monthly support group with activities for SEN  
**01616553827**

### **The Crib**

Crisis Support - can provide hygiene essentials for the whole family. They have a range of packages to suit different stages of early family life. From pregnancy vitamins to safer sleeping equipment and sanitary products.  
Independence House, Adelaide Street, Heywood, Greater Manchester  
**[www.thecribfamily.org.uk](http://www.thecribfamily.org.uk)**

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

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

### **Bloody Good Period**

Give period products to those who can't afford them and provide reproductive health education to those less likely to access it.  
**[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  
**[www.freedom4girls.co.uk/request-products/](http://www.freedom4girls.co.uk/request-products/)**



**Riverside**

# Family Support in Langley



## **Burnside's Minis parent/carer & child music, movement and storytelling**

Monday : 10am-11am (free)

**36 Burnside Cres, Middleton, Manchester M24 5NN**

## **Burnside's Invest in Play workshops**

Available upon referral, ask your housing officer or drop in to Trisha Lisa and Kerry and Burnside Community Centre.

**36 Burnside Cres, Middleton, Manchester M24 5NN**

Tuesday 9.30 am to 11.30 am (free, term-time, 12-week blocks)

## **Children's Self Defense sessions with Sensei Nev**

**36 Burnside Cres, Middleton, Manchester M24 5NN**

Wednesday 6.45 pm to 7.45 pm (£5 per session)

## **PAVE Dance**

36 Burnside Cres, Middleton, Manchester M24 5NN

Ballet, jazz, and commercial

**Monday** 4 pm to 8.45 pm (term time - fees apply)

Street and commercial dance

**Tuesday:** 4 pm to 6.15 pm (term time - fees apply)

Dance Company, street, stage & screen, and adult commercial dance

**Thursday:** 4 pm to 7.30 pm (term time - fees apply)

Dance ballet, jazz and acro classes

**Sunday:** 9 am to 1 pm (term time - fees apply)

## **Burnside Toy Appeal (free)**

Drop into the community centre and ask for Kerry, Lisa or Trisha

**36 Burnside Cres, Middleton, M24 5NN**

## **Home-Start Rochdale Autism Support Family Drop-in monthly**

Monday: 10am-11am (free)

**36 Burnside Cres, Middleton, Manchester M24 5NN**

## Rochdale family hubs

Family hubs offer high-quality support for families from conception to the age of 19 (or 25 for young people with special educational needs and disabilities).

Family hubs provide a single access point to integrated family support services for early help with social, emotional, physical and financial needs.

Each family hub is bespoke to its local community while incorporating 3 key delivery principles: access, connection and relationships.

## Local Hubs

### **Boarshaw Family Hub**

Stanycliffe Lane, Boarshaw, Middleton M24 2PB  
Monday to Wednesday: 8.45 am to 3.45 pm

**0161 655 8850**

**familyhubs@rochdale.gov.uk**

### **Langley Family Hub**

Windermere Road, Langley, Middleton M24 4LA  
Monday–Friday: 8 am to 6 pm

**family.info@rochdale.gov.uk**

**0161 653 9526**

# Riverside

## Family Support in Langley



### Local Hubs - Activities

#### Boarshaw Family Hub

##### Monday

###### **Baby sensations 9.30 am to 10.30 am**

A session based on the five to thrive principles respond. Suitable for babies who are non-mobile.

###### **Play and learn 9.30 am to 11.00 am**

Learn through play using the indoor and outdoor to get children school ready. Suitable for children aged 0 – 5 years.

###### **IY baby 12.30 pm to 2.30pm**

10 week course helps bonding with baby understanding early child development from baby's first cues to baby's brain development. Please speak to Lisa or Danielle for more information. Suitable for babies aged 0-4 months. Contact us to book onto the course.

##### Tuesday

###### **Baby massage 9.30 am to 10.30 am**

A weekly course which will strength your relationship and help you bond with your baby. Suitable for babies who are non-mobile.

###### **Play and learn 9.15 am to 11.15 am**

Learn through play using the indoor and outdoor environment and to get children school ready. Suitable for children aged 0-5 years.

###### **Wellcomm language group 1 pm to 3 pm**

If you have concerns about your child's speech and communication development then please come along to this session.

##### Wednesday

###### **Messy play 9.30 am to 11 am**

A session based on the five to thrive key activities Suitable for children aged 0-5 years.

###### **Happy talk 10 am to 11 am (starting July 24th)**

A six-week course for children aged two years plus to support your child's speech and language.

##### Langley Family Hub

##### Monday

###### **Baby sensations 9.45 am to 10.30 am**

A session based on the Five to Thrive principles, Suitable for non-mobile babies.

###### **Rhythm and rhyme 11 am to 1.45 pm**

An active session which supports development of communication using songs, games and rhymes. Suitable for children aged 0-5 years.

###### **SEND sessions 1 pm to 2.30 pm**

These specialists play and learn sessions are available with an Early Years Practitioner on hand to offer support and guidance plus share tips and advice with parents. Suitable for children aged 18 months - 5 years.

###### **Bump, birth and beyond, pre-birth parenting course 5.30 pm to 8 pm**

Antenatal session for parents to be from 28 weeks pregnant. A 4 week course. Contact us to book onto the course.

###### **Childminding group 1 pm to 3 pm**

A childminder led play session for childminders to use the centre facilities.

##### Tuesday

###### **Citizens Advice Bureau 9.30 am to 11.30 am**

For pregnant parents and those who have a child aged 0-19. Contact us to book onto the session.

###### **Baby messy play 10 am to 11.30 am**

Learn through play using sensory exploration in a fun messy session. Suitable for children aged 0-2 years.

# Riverside

## Family Support in Langley



### Langley Family Hub Cont.

#### Tuesday

##### **Baby massage 1 pm and 3pm**

A weekly course which will strengthen your relationship and help you bond with your baby. Suitable for non-mobile babies. Contact us to book onto the course.

##### **Outdoor fun 1.30 pm to 3.30 pm**

Learn through play using our indoor and outdoor area to get child school ready. Suitable for children aged 0-5 years.

#### Wednesday

##### **Big changes for little people 9.30 am to 11.30 am**

Aims to support children move into school and nursery, For children starting school and nursery in September.

##### **Family food 11 am to 12.30 pm**

Come along and let your child enjoy some healthy cooking and tasting. Suitable for children aged 0-5 years. Contact us to book on the course.

##### **Play and learn 1 pm to 2.30 pm**

Learn through play using our indoor and outdoor area and to get children school ready. Suitable for children aged 0-5 years.

##### **Toddler aerobics 2.30 pm to 3.30 pm**

Come along to an action packed session. Meet other parents whilst developing your child's physical skills. Suitable for children aged 18 months – 5 years.

#### Thursday

##### **Baby play and wellcomm 10 am to 11.30 am**

A session supporting baby to develop language and communication skills whilst having fun exploring. Wellcomm language assessment included in the session. Suitable for babies aged 6-18 months. Contact us to book onto the course.

##### **Baby and me 10 am to 11 am**

A 6 week course supporting Baby Bonding. Suitable for babies aged 0-4 months. Contact us to book onto the course.

##### **Open house perinatal infant mental health support 11.15 am to 1 pm**

Pregnancy and early parenthood can be challenging. If you are feeling the pressures of parenthood and have a child under 2, come along and speak to Emma and Dawn so we can support you.

##### **Breastfeeding social group 1 pm to 2.30 pm**

If you are pregnant or a breastfeeding mum, come along to one of our breastfeeding social drop in sessions.

##### **Learning walk 1.30 pm - 2.30 pm**

An environment walk, to support your child's speech, language and communication, meeting at the hub. Suitable for children aged 18 months – 5 years.

#### Friday

##### **Summer play and learn 9.30 am to 11.30 am**

Learn through play using our indoor and outdoor area to get children school ready.

##### **Boogie babies 10.45 am to 11.45 am**

Come along to the library and enjoy nursery rhymes and actions with your baby supporting early communication skills. Suitable for children aged 0-18 months.

##### **Healthy baby eaters 12 pm to 1.30 pm**

Come along and let your child enjoy some healthy cooking and tasting. Booking essential. Suitable for babies aged 6-18 months. Contact us to book onto the course.

##### **Play and learn 1 pm to 3 pm**

Learn through play using our indoor and outdoor area to get children school ready. You can talk to staff to get advice and support on a range of child focused issues.

# 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/>

## Period and Hygiene Product Support

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

**Bloody Good Period** - Give period products to those who can't afford them and provide reproductive health education to those less likely to access it. [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/>

# Older People Support in Langley



## National Support

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

**Age UK Manchester** - 0161 833 3944

Age UK Manchester, 20 St Ann's Square, M2 7HG

**enquiries@ageukmanchester.org.uk**

### **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)

### **Hourglass**

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

**08088088141**

## Local Support

### **Volunteer Drivers Service**

The HMR Circle Volunteer Drivers Service (VDS) is an affordable transport service operating across Rochdale, Heywood, Middleton and the Pennine Villages. It is a service for adults (aged 50+ / or vulnerable adults) who are unable, or find it difficult, to use public transport. The passenger is picked up from their home and taken to their destination. Return journeys are also available. If requested, and where possible, a driver can wait with the passenger until they are ready to return home. **To find out more call 0800 112 3440 or 01706 751 165**

### **Failsworth Luncheon Clubs**

Broadbent Luncheon Club, Lord Lane, Failsworth, M35 0SL

0330 555 0310

**Monday and Wednesday 11 am to 1 pm**

### **Heywood, Middleton & Rochdale Circle**

Members enjoy getting out and about and trying new things. Their monthly calendar has lots on offer and they are always adding new events requested by our members.

Suite S3 Lock 50 Business Centre, Oldham Road OL16 5RD

**01706 751165**

### **Your Trust Rochdale**

Have a wide range of classes that take place in leisure centres and venues across the borough to offer a fun and social way for those who want to improve their overall health and wellbeing.

To find out more visit

**[www.yourtrustrochdale.co.uk/activities/older-adults-activities/](http://www.yourtrustrochdale.co.uk/activities/older-adults-activities/)**



# Older People Support in Langley



## Groups

### **Greater Manchester Old People's Network**

The Greater Manchester Older People's Network is a network of people aged 50 and above and organisational representatives working for positive change for older people in Greater Manchester.

**To find out more contact 0161 834 9823 or gmopn@macc.org.uk**

### **Friends of Jubilee Park**

The Friends of Jubilee Park & Old Burial Ground Middleton are a dedicated group of volunteers working in partnership with Rochdale Council to ensure that this historic park and former cemetery are maintained and restored.

To get involve contact **07824 667 670**

### **Middleton Floral Art Club**

St. Aidan's Church Hall, Manchester Road OL11 3EL  
**01706 650835**

### **Greater Moments**

Creating moments that matter for those affected by dementia.

**0161 660 3615**

**info@socialsense.co.uk**

### **The Curtain Theatre**

An amateur theatre established by a group of friends and relatives, The Curtain Theatre, situated in Rochdale, Greater Manchester, is still going strong over 90 years later.

47, Milkstone Road, Rochdale, OL11 1EB

**01706 642008**

## **Befriending service**

regular check in phone calls, VIP over 60's group. Monthly group sessions.

sign up by contacting caring and sharing Rochdale.

**call: 07944238892**

**email: info@caringandsharingrochdale.org**

## Morning Coffees and Lunch Clubs

### **Older People's Social Eating Group**

Lock 50 Business Centre, Oldham Road, OL16 5RD

**For further details contact Kim Ho 01706 751165 or kim@hmrcircle.org.uk**

# 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/>**

**Dementia UK - 0800 888 6678**

**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**

**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)**

**Tax Help for Older People**

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

**Alheimers Society** - Support for those living with, or caring for those with dementia.

**Telephone: 0333 150 3456**





# Riverside National Support for older people



## **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>**

## **The Cinnamon Trust:**

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

**01736 757900**

**[www.cinnamon.org.uk](http://www.cinnamon.org.uk)**

## **Re-engage**

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

**0800 716543**

# Mental Health and Wellbeing Support in Langley



## National Support - Anxiety and Depression Support

### **Calm**

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

### **Samaritans**

Contact us if you're having a difficult time or if you're worried about someone else.

**jo@samaritans.org or call 116 123**

### **Shout free 24-hour text help**

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

**It's a place to go if you're struggling to cope and you need immediate help.**

### **SANEline**

SANE is a charitable organisation that offers information and support for people struggling with their mental health. Their mental health helpline offers emotional support to anyone affected by mental illness, including families and carers. They can be contacted all year round between the hours of 4.30 pm and 10.30 pm on **0300 304 7000**  
**www.sane.org.uk/home**

**Mental Health Matters - National Support**  
0191 516 3500 [info@mhm.org.uk](mailto:info@mhm.org.uk)

### **Depression UK**

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

### **Hub of Hope**

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

## Addiction

### **Gambling Support**

GamCare - **0808 8020 133**

### **Alcoholic's Anonymous**

Further information about the local meetings or A.A. group can be obtained by contacting **National Helpline 0800 9177 650**  
**help@aamail.org**

### **Narcotics Anonymous**

Further information about the St Helens support group can be found by calling Helpline and general enquiries: **0300 999 1212**

**Frank** - Advice, information and support for anyone concerned about drugs and substance misuse.

**Helpline: 0300 123 6600 24/7 Text 82111**

## Online Support

**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>**

**Papyrus Hopeline - 0800 068 4141** – Support and advice for Young People under 35. open 24/7

### **Young Minds Parent Line - 0808 802 5544**

Advice for parents and carers worried about a young person  
Lines Open Monday to Friday 9.30 am to 4 pm

# National Mental Health and Wellbeing Support



## Mind

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

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

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

### To find support near you visit

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

**Samaritans** - To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email [jo@samaritans.org](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)**.

## 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/>

# Mental Health and Wellbeing Support in Langley



## Local Services

### **Light House Project - Better Together**

Weekly Social activity. All visitors welcome

**Fridays from 1 pm to 3.30 pm.**

### **Rochdale Mind**

Wellbeing Centre and Café, 14a-16 Wood Street, Middleton, Manchester M24 5TF

0161 653 9368

**Open Monday 9 am to 2 pm,**

**Tuesday to Friday 9 am to 3.30 pm**

### **Qwell**

Qwell is a mental health and wellbeing platform that offers online and anonymous counselling support, commissioned by the Greater Manchester Health and Social Care Partnership. The counselling service is purely text based and is available 365 days a year, with a chat queue open from 12pm until 10pm on Weekdays and 6pm until 10pm on Weekends  
**omurphy@kooth.com**

### **Wonderfully Made Women**

Middleton hub providing emotional and practical/ wellbeing support every Tuesday at Lighthouse project space.

**07354471340, 07846620160**

**info@wonderfullymadewoman.org**

### **Burnside Centre**

Everyone Matters health and well-being session  
Fridays 1 pm to 3 pm.

Turning Point Adult recovery support sessions

Thursdays 9 am to 4 pm

Creatives Happy Mondays 9.30 am to 11 am.

**Trisha Hayes - 0161 643 5775**

**enquiry@burnsidecentre.org.uk**

## **Your Trust**

Your Trust is a charity working in the heart of Rochdale Borough to support each and every member of our diverse community to live happier, healthier and more creative lives. The Your Trust Specialist Health & Wellbeing Team want to support people living with long term conditions. If you or someone you know, a family member, friend, work colleague or client is living with a long term condition, our team of fully qualified instructors can help with a wide range of programmes, classes and courses.

**Paul Gardner - 01706 926 235**

**Paul.gardner@yourtrustrochdale.co.uk**

## **Demense Community Group**

Online exercise classes, arts and crafts, advice and informational videos on how to use technology.

**Suzanne - 0161 653 2902**

**suzanne@demesnecommunitycentre.org.uk**

## **St Bernard's Support**

Financial wellbeing online and telephone help sessions for people affected by cancer and other illnesses. Every 2nd Tuesday of each month 10 am to 9pm.

**0800 772 0723 help@s-b-s.org.uk**

Your financial situation may be affecting your health and there are a range of organisations which can provide advice and assistance. These include:

## **Advice UK**

**0300 777 0107 www.adviceuk.org.uk**

**Jobcentre Plus - www.gov.uk/contact-jobcentre-plus/existing-benefit-claims**

# Mental Health and Wellbeing Support in Langley



## Local Services

### **NHS Diabetes Awareness prevention programme**

36 Burnside Cres, Middleton, Manchester M24 5NN  
**Monday and Friday NHS referral session 12 pm to 1.30 pm**

### **Everyone Matters Health & Well-being session**

£2 per session  
36 Burnside Cres, Middleton, Manchester M24 5NN  
**Friday 1 pm to 3 pm**

## Wellbeing Classes

Small cost of £3 for each class

### **Fun Dance**

The Hub, Alkrinton, Hardfeild Rd, Middleton, M24 1TQ  
**Monday from 1 pm**

### **Zumba**

Stanycliffe social centre, Stanycliffe Lane, Middleton, M24 1TQ  
**Monday from 7 pm**

### **Legs, Bums and Tums**

Stanycliffe social centre  
Stanycliffe Lane, Middleton, M24 1TQ  
**Tuesday from 6.15 pm**

### **Pilates**

Stanycliffe social centre  
Stanycliffe Lane, Middleton, M24 1TQ  
**Tuesday 7.15 pm**

## **Fun dance**

Stanycliffe social centre  
Stanycliffe Lane, Middleton, M24 1TQ  
**Wednesday from 10 am**

## **Best of 50's and 60's**

The Hub, Alkrinton, Hardfeild Rd, Middleton, M24 1TQ  
**Friday from 9.30 am**

# Domestic Abuse Services in Langley



## National Support - Domestic Abuse

**The Police** on 101 or in an emergency call 999

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

**Choices** – 0800 917 9948

### **The Mankind**

male victims of domestic violence

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

### **Broken Rainbow**

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

**0300 999 5428**

**Refuge Helpline** - 0808 808 9999

### **Rise**

Freedom from Abuse and Violence

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

### **Ask for ANI**

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

### **Safe Spaces**

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

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

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

## Charities and Grants

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

Search by visiting

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

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

**Skinnners Benevolent Trust** - [www.skinnners.org.uk/sbt](http://www.skinnners.org.uk/sbt)

## Family Support

**NSPCC Helpline** - 0808 800 5000

**Childline** - 0800 1111

### **Family Action**

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

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

### **Dogs Trust Freedom Project**

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

[www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project](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 Langley



## 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)

# Domestic Abuse Services in Langley



## 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)

For alternative housing, advice or refuge accommodation (safe house), contact:

### Rochdale Homeless Team:

0300 303 8548, Monday to Friday 8.30am to 5pm.

0300 303 8875, out of hours

**Manchester Domestic Violence Helpline:** 0161 636 7525, 8am to 4pm

**National Domestic Violence Helpline** (24-hour national helpline): 0808 2000 247

**Leopold Court** (emergency housing): 01706 712977

### Greater Manchester Domestic Abuse Helpline

0800 254 0909

**Respect Men's Advice Line** - 0808 8010327

### Safenet

Community Outreach Services in Rochdale offer confidential, emotional and practical support in the community, helping those experiencing domestic abuse to stay safe and receive professional support with housing-related issues.

**0300 3033 581** [contact@safenet.org.uk](mailto:contact@safenet.org.uk)

### Rochdale Women's Welfare Association RWWA

Outreach, Counselling, Advocacy, group work, Advice, Training

**01706 860 157** [khaldfa@rwwa.co.uk](mailto:khaldfa@rwwa.co.uk)

### Independent Choices Greater Manchester

A free and confidential helpline, providing support to anyone over the age of 16 who is experiencing/has previously experienced domestic abuse/violence in any form. Open Monday to Friday 10 am to 4 pm

**0800 254 0909**

[Helpline@independentchoices.org.uk](mailto:Helpline@independentchoices.org.uk)



# Domestic Abuse Services in Langley



## Honour-based violence

Do you need immediate help?  
Call **999** in an emergency - if you can't talk on the call, try coughing or tapping the phone. If the operator asks you if you're in danger, press **55**.

If it's not an emergency, call Greater Manchester Police on **101** - the switchboard is open 24 hours a day.

**Forced Marriage Unit** - offers help if you're being forced to marry or scared you may be forced into marriage. you may be forced into marriage.  
**020 7008 0151**  
email [fmufcdo.gov.uk](mailto:fmufcdo.gov.uk)

**The Guardian Project** - provides help and advice to young children and girls up to the age of 21. It also provides support to families affected by FGM as well as professionals in risk assessing and signposting to appropriate services.  
**07449 651677**

**Rochdale Women's Welfare Association** - support for women experiencing racial inequalities affected by forced marriage, female genital mutilation (FGM) or sexual assault.  
**01706 860157 - support is available Monday to Friday between 10 am and 2 pm.**

**Rochdale Connections Trust**  
Offers a range of support to meet the needs of female victims.  
**01706 345111** [info@r-c-t.co.uk](mailto:info@r-c-t.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**

## Local Support

### Break4Change - support for families with children who abuse

Child to parent violence and abuse is when a parent lives in fear of their child and changes their behaviour in order to avoid conflict or contain and minimise the violence or abuse. The child's abuse can include behaviours such as hitting, name-calling, making threats, stealing money and damaging possessions in the home. Our 10-week Break4Change programme offers support to families where a young person aged 11-16 is violent or abusive towards their parent or carer.

**01706 924691** [early.help@rochdale.gov.uk](mailto:early.help@rochdale.gov.uk)

### Cut It Out - free domestic abuse training for hairdressers and stylists

Cut It Out is our domestic abuse campaign which offers free training to hair and beauty professionals. It's just one of the ways we're aiming to break down the silence and taboo surrounding the issue that some victims experience.

**01706 925857** [domestic.abuse@rochdale.gov.uk](mailto:domestic.abuse@rochdale.gov.uk)

# Disability Support in Langley



## 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>

## Local Support

### **Rochdale SEN & Disability Information, Advice & Support**

Offers independent advice and support to parents and carers who have children with learning difficulties or disabilities.

Unique Enterprise Centre, Belfield Road , Rochdale, OL16 2UP

01706 515741

[parent.partnership@family-action.org.uk](mailto:parent.partnership@family-action.org.uk)

[www.family-action.org.uk](http://www.family-action.org.uk)

### **Your Trust Rochdale**

Adult disability and inclusive activities are all for those aged 18+.

To find out more and register interest in any activities, please contact our Inclusion and Disability Adviser

Catherine Szymanskyj on **01706 926276** or email

[inclusion@yourtrustrochdale.co.uk](mailto:inclusion@yourtrustrochdale.co.uk)

A list of activities can be found at

[www.yourtrustrochdale.co.uk/adults-disability-and-inclusive-activities](http://www.yourtrustrochdale.co.uk/adults-disability-and-inclusive-activities)

### **Advocacy Together Hub Rochdale**

Castlemere Community Centre, Tweedale St  
Rochdale, OL11 1HH

01706 645 830 or 7867 459 340

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

## **Respect for All**

Respect for All offer counselling and play therapy to people who have learning disabilities, Asperger's, autism spectrum conditions, supporting parents, families and carers.

**0161 532 4070**

[www.respectforall.org.uk/counselling](http://www.respectforall.org.uk/counselling)

### **Rochdale Gateway Leisure Ltd**

Providing services for people with disabilities and their carers. We are an independent and comprehensive information and floating support service and support to ensure people live safely and maintain a good standard of health and lifestyle within their communities.

Amjad Mennen - 01706 515800

[admin@gatewayleisure.co.uk](mailto:admin@gatewayleisure.co.uk)

<https://gatewayleisure.co.uk>

### **Autism Support Group Rochdale**

**01706 374 525**

### **Autistic Society Greater Manchester**

0161 866 8483

[enquiries@i-am-autism.org.uk](mailto:enquiries@i-am-autism.org.uk)

<https://i-am-autism.org.uk>

### **Greater Manchester Autism Consortium**

Anglo House, Chapel road, Northenden, M224JN

0161 998 4667

[www.autismgm.org.uk](http://www.autismgm.org.uk)

### **Pure Innovations Rochdale**

Jonathan Burns Building, 4NU, Bowness Rd,  
Middleton, Manchester

**0161 509 1248**

# Disability Support in Langley



## 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**

# Support for Disabilities in Langley



## **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**

# Support for Disabilities in Langley



## **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 Mind's supportive online community for anyone experiencing a mental health problem.

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

## **Benefits for carers**

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

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

To find out more visit

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

## **Carers UK**

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

**0808 808 7777**

[advice@carersuk.org](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 Langley



## Local Support

### **Multicultural Resource Centre**

Supporting Multicultural Groups across Rochdale.  
25, Lonsdale Avenue, Rochdale, OL16 5HP  
07515 282098  
[mccrochdale@yahoo.co.uk](mailto:mccrochdale@yahoo.co.uk)  
<https://mccentre.org.uk/>

### **Rochdale Women's Welfare Association (RWWA)**

RWWA is run by women for women. It is a dedicated woman-led organisation striving to empower Black, Asian and Minority Ethnic women to reach their full potential, tackling inequalities, eliminating Violence Against Women and Girls (VAWG) providing holistic support in a safe, culturally appropriate environment.

18, Trafalger Street, Rochdale, OL16 2EB  
**01706 860157**  
<https://rwwa.org.uk/>

### **Friends of Shamwari**

Asylum seekers, refugees and their families are St. Andrews Methodist and United Reformed Church, Entwisle Road, Rochdale, OL16 2HZ  
**07961 004339**

### **Revive**

Independent community project which provides free practical support, services and advocacy for refugees and people seeking asylum, regardless of race, religion, gender, sexuality, disability, age or beliefs.

187, Grey Mare Lane, Manchester M11 3ND  
**0161 223 5668** [info@revive-uk.org](mailto:info@revive-uk.org)  
[www.revive-uk.org](http://www.revive-uk.org)

### **Saheli Asian Women's Refuge**

Saheli Asian Women's Project provides advice, information and support services to Asian women and their children fleeing domestic abuse and/or forced marriages and is based in Manchester.

**0161 945 4187** [info@saheli.org.uk](mailto:info@saheli.org.uk)  
<http://www.saheli.org.uk>

### **Greater Manchester Immigration Aid Unit**

Greater Manchester Immigration Aid Unit (GMIAU) exists to advise, support, represent and campaign with people subject to immigration control.

1 Delaunays Road, Manchester, M8 4QS  
**0161 740 7722** [info@gmiau.org](mailto:info@gmiau.org)  
[www.gmiau.org](http://www.gmiau.org)

### **Talk English Rochdale**

Rochdale Borough Council is working with community organisations, schools, children's centres and libraries to help people learn English, access services and get more involved in the community.

Ruhena Begum - **01706 925111**  
[ruhena.begum@rochdale.gov.uk](mailto:ruhena.begum@rochdale.gov.uk)  
Saira Banu - **01706 925106**  
[saira.banu@rochdale.gov.uk](mailto:saira.banu@rochdale.gov.uk)  
[www.talk-english.co.uk/rochdale/](http://www.talk-english.co.uk/rochdale/)

### **Near Neighbours**

Near Neighbours brings people together in communities that are religiously and ethnically diverse, so they can get to know each other better, build relationships of trust, and collaborate together on initiatives that improve the local community they live in.

[samra@greatertogethermanchester.org](mailto:samra@greatertogethermanchester.org)  
[www.near-neighbours.org.uk](http://www.near-neighbours.org.uk)

# Migrant and Multi-Cultural Support in Langley



## **Refugee Action**

At Refugee Action, we help refugees who've survived some of the world's worst regimes. We get them the basic support they need to live again with dignity. Then we help them build safe, happy and productive lives in the UK.

179, Royce Road, Manchester, M15 5TJ

**0161 831 5420**

**[www.refugee-action.org.uk](http://www.refugee-action.org.uk)**

## **Deepish Community Centre**

Deeplish Community Centre provides a friendly, safe and welcoming environment for the local community and user groups, enabling them to participate in educational, social and learning activities. We promote cohesion, empowerment, integration and employment opportunities for the local communities.

Hare Street, Rochdale, OL11 1JT

**01706 860151** **[info@deeplishcc.co.uk](mailto:info@deeplishcc.co.uk)**

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

## **Bangladesh Association Community Project**

108, Ramsay Street, Rochdale, OL16 2EZ

01706 860349

**[info@bacprochdale.co.uk](mailto:info@bacprochdale.co.uk)**

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

## **Nigeria Community Association**

130B, Drake Street, Rochdale, OL16 1PN

07456 136150/07492 515817

**[nigeriacommunityassociation1@gmail.com](mailto:nigeriacommunityassociation1@gmail.com)**

**<https://ncaro.co.uk/>**

## **Useful Links**

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

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

## **Useful Links**

### **Oneworld Parish Nurse -**

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

### **Refugee Women Connect**

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

**Cafe Laziz** - **[cafelaziz@hotmail.com](mailto:cafelaziz@hotmail.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**

### **Refugee Council**

The Refugee Council is one of the leading charities in the UK working directly with refugees, and supporting them to rebuild their lives.

020 7346 6700

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

**[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)**

### **BME Youth**

BME Youth is a national youth organisation of children and young people from Black, Asian and Minority Ethnic (BAME) communities in the UK.

**<https://www.bmeyouth.org.uk/about/>**

### **Muslim Women's Network UK**

MWNUK is the only national Muslim women's organisation in Britain. They offer a helpline, counselling services, training and workshops.

**<https://www.mwnuk.co.uk/>**

### **Migrants Rights Network**

The Migrants' Rights Network is a UK charity that stands in solidarity with all migrants in their fights for rights and justice.

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



# Migrant and Multi-Cultural Support in Langley



## **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**

## **Refugee Women Connect**

**info@refugeewomenconnect.org.uk**



# Riverside

## Women and Men's Groups Langley



### Women's groups

#### **Lighthouse Project**

Middleton Lighthouse Project, Middleton Shopping Centre, Limetrees Road M24 4EL

**For more information about the activities below contact 0161 643 1163**

#### **Knit & Natter**

Weekly knitting group. The group meets every Monday and Wednesday 10 am to 12 pm

#### **Caring and Sharing Rochdale**

Activities and support groups delivered weekly 78 Yorkshire Street, Rochdale Town, OL16 1JU  
**07944238892**

**info@caringandsharingrochdale.org**

#### **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/>**

### Men's Groups

#### **Lighthouse Project**

Middleton Lighthouse Project, Middleton Shopping Centre, Limetrees Road M24 4EL

**For more information about the activities below contact 0161 643 1163**

#### **Who let the Dads out**

Who let the Dads Out is a monthly kids activity and play group for dads, grandads and male carers, running at the Lighthouse Project.

#### **Middleton Men's Shed**

The shed is open several times a week on Monday, **Wednesday and Friday 2 pm to 4 pm**

#### **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/>**

# Riverside

## Women and Men's Groups Langley



### Mixed Groups

#### **Burnside's Inspiration Community Choir**

Group for all choir working on a variety of songs and techniques.

36 Burnside Cres, Middleton, Manchester M24 5NN

**Tuesday 10.30 am to 12.30pm (free - term time)**

#### **Burnside's Card-making craft sessions with Cath**

36 Burnside Cres, Middleton, Manchester M24 5NN

**Tuesday 1 pm to 2.30 pm (free, term-time)**

#### **McGowanettes' Dance Troupe**

36 Burnside Cres, Middleton, Manchester M24 5NN

**Tuesday 6.30 pm to 8.30pm £3 per session**

#### **PAVED Dance Company, street, stage & screen, and adult commercial dance**

36 Burnside Cres, Middleton, Manchester M24 5NN

**Thursday 4 pm to 7.30 pm (term time - fees apply)**

#### **Burnside's Time Steppers Adult Dance**

36 Burnside Cres, Middleton, Manchester M24 5NN

**Thursday 1.45 pm to 2.30 pm (£2 per session)**

#### **The Gay Gordons Manchester Scottish Ceilidh Dancing**

36 Burnside Cres, Middleton, Manchester M24 5NN

**Saturday 2 pm to 4 pm £5 per session**

# LGBTQ+ Support in Langley



## 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**

### **Mermaid: 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** - [www.stonewall.org.uk](http://www.stonewall.org.uk)

**LGBT Foundation** - <https://lgbt.foundation>

**0345 3 30 30 30 helpline@lgbt.foundation**

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

**Mindout** - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat

**01273 234839 info@mindout.org.uk**

**Families and Friends of Lesbians and Gays (FFLAG)** - **0300 688 0368 info@fflag.org.uk**

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

**0800 9995428 help@galop.org.uk**

## Local Support

### **Greater Manchester LGBT Social Support Network**

Support, events and advice

<http://gmlgbtssn.co.uk/projects/>

### **The Proud Place - Manchester's LGBTQ community centre**

The Proud Place houses The Proud Trust and serves as a community hub for the wider LGBT+ population across Greater Manchester and beyond. 49-51 Sidney St, Manchester, M1 7HB

**0161 660 3347**

**[www.theproudtrust.org/contact-us/](http://www.theproudtrust.org/contact-us/)**

### **Mind Out**

Mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people.

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

### **Indigo Gender Service**

City Health Centre, 2nd Floor Boots The Chemist, 32 Market Street, M1 1PL

**0161 710 1196**

**<https://indigogenderservice.uk/>**

### **Lesbian and Gay Youth in Manchester**

Lesbian and Gay Youth Manchester (LGYM) is a Lesbian, Gay, Bisexual and Trans (LGBT) project based in the city centre for young LGBTs.

49-51 Sidney Street, Manchester, M1 7HB

**0161 660 3347 info@theproudtrust.org**

# LGBTQ+ Support in Langley



## Local Support

### **Greater Manchester LGBT Social Support Network**

Support, events and advice  
<http://gmlgbtssn.co.uk/projects/>

### **The Proud Place - Manchester's LGBTQ community centre**

The Proud Place houses The Proud Trust and serves as a community hub for the wider LGBTQ+ population across Greater Manchester and beyond.  
49-51 Sidney St, Manchester, M1 7HB  
**0161 660 3347**  
[www.theproudtrust.org/contact-us/](http://www.theproudtrust.org/contact-us/)

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## 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](mailto:leahfewlass@wearecornerhouse.org)

### **Mermaid: 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](http://www.mermaidsuk.org.uk)  
**0808 801 0400 Monday to Friday 9 am –to 9 pm**

**Stonewall** - [www.stonewall.org.uk](http://www.stonewall.org.uk)

**LGBT Foundation** - <https://lgbt.foundation>  
**0345 3 30 30 30** [helpline@lgbt.foundation](mailto:helpline@lgbt.foundation)

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

**Mindout** - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat  
**01273 234839** [info@mindout.org.uk](mailto:info@mindout.org.uk)

**Families and Friends of Lesbians and Gays (FFLAG)** - **0300 688 0368** [info@fflag.org.uk](mailto:info@fflag.org.uk)

**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)

# LGBTQ+ Support in Langley



## **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](mailto: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 Langley



## Sexual Violence Support

### 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.

### St Marys Centre

Saint Mary's Sexual Assault Referral Centre (SARC) provides a comprehensive and co-ordinated forensic, counselling and aftercare service to men, women and children living in the Greater Manchester area who have experienced rape or sexual assault, whether this has happened recently or in the past.

**24 hour helpline: 0161 276 6515**

### We Are Survivors

Is a survivor focused voluntary sector organisation that aims to create and facilitate safe spaces for male (including trans and non-binary individuals) survivors of sexual abuse, rape and sexual exploitation across Greater Manchester providing to access quality assured support.

**24/7 Support Line: 0808 500 2222**

### TRC Sexual Abuse & Rape Support Greater Manchester

Helpline & face-to-face counselling

**0161 647 7559 [traffordrapecrisis@googlemail.com](mailto:traffordrapecrisis@googlemail.com)**

### Greater Manchester Rape Crisis

Provides information and support to women who have experienced rape or sexual abuse.

**0161 273 4500 [help@manchesterrapecrisis.co.uk](mailto:help@manchesterrapecrisis.co.uk)**

### Safeline

A dedicated service in England and Wales for adults and children affected by rape or sexual abuse who identify as male and for those that support them such as friends and family.

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

**0808 800 5005** or visit

**<https://www.safeline.org.uk/contact-us/>** to chat online

Text support: **07860 065187** Open Monday to Friday 9 am to 8 pm, Saturday and Sunday 10 am to 2 pm.

### 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)**

### Victim Support

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

contacting your local Victim Support team

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

Calling the Supportline on **08 08 16 89 111**

using the free 24/7 live chat service

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

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

# Additional Support in Langley



## Hate Crime

Report a hate crime

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

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

## **Stop Hate UK**

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

You can report a hate crime by:

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

**Text relay: 18001 0113 293 5100**

**Webchat at [www.stophateuk.org/talk-to-us](http://www.stophateuk.org/talk-to-us)**

## **Greater Manchester Victims Services**

0161 200 1950

## **Lets End Hate Crime**

Resource website, helping to support victims across Greater Manchester.

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

## **On Your Side - ESEA Hate Crime Reporting**

On Your Side is for anybody in the UK who identifies as part of an East or Southeast Asian community. This is the place you can find support and make a report if you experience or witness racism or any form of hate.

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

## Community Clean Up

### **Burnside's Community Litter Pick**

36 Burnside Cres, Middleton, Manchester M24 5NN

**10 am first Monday of every month (free - all welcome)**