



Support near you to help with winter worries

Neighbourhood Winter Services Guide Manchester City Centre



- Local foodbanks and Warm Hubs
- Advice on finances, energy and much more
- Family support and activities
- Other local offers to help you this Winter

Call Manchester's free Cost of Living Advice Line **0800 023 2692**

Open Monday to Friday, 9am-4.30pm

Text us on **07860 022 876** manchester.gov.uk/coladvice

Local services that can help you

If you need help and support this Winter, there are a wide range of local services that are there to help you if and when you need them. From food support to money advice, and staying connected, help is at hand in the neighbourhood. Please don't be afraid to ask for support if you need it and make contact with the services listed below.



Local food banks and clothing

Manchester Central Foodbank

Provide three days' emergency food and support to local people who are referred in crisis. Strictly referral only. A foodbank voucher is required from a referring organisation

- Please call 0808 278 7800 to speak to Citizens Advice Manchester who will be able to issue you with a food bank voucher if necessary.
- Nearest hub is at St Peter's House, Oxford Road, M13 9GH on a Friday 10am to 12am

Caritas Cornerstone

Free breakfast & lunch, hot showers, services and a range of activities for homeless people.

- 104b Denmark Road, Manchester M15 6JS
- Monday to Friday, 10am to 3pm
- Call 0161 232 8888 or email info@cornerstonecds.org.uk

Mustard Tree

Offer a variety of support including health and wellbeing activities, The Food Club, life skills training and furniture / clothes

- 1328-1330, Ashton Old Rd, Openshaw, M11 1JG
- Open Monday to Friday 7.30am to 6pm
- Call 0161 974 1300

The Well

Free meals, groceries and wellbeing programme. Open to Hulme residents & any university students or staff.

- St Peter's House, Oxford Road, M13 9GH
- Call 0161 275 2894

Sheung Lok

Free lunch and activities for the older Chinese community, Mondays 10.30am to 2pm

- Sheung Lok Wellbeing Centre, Justin Close, M13 9UB
- Call 0161 2727 482 or email info@waiyin.org.uk

The Bread and Butter Thing

Provides food parcels to families – £35 worth of food for £7.50 or less. People need to sign up for the service to access it. Text 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from.

Our closest local Hub is the Zion Centre, 339 Stretford Road, M15 4ZY

- To register visit www.breadandbutterthing.org or text 07860 063304 with your full name, postcode and the name of the HUB you would want to collect from [Zion Centre]



Support and advice

Being There

Offer free transport for those diagnosed with a life limiting illness.

- Open Monday to Friday, 9am to 4.30pm
- Call 0161 230 1431 or email northmancs@beingthere.org.uk

Manchester Credit Union

A member-owned financial co-operative, providing an easy way to save and affordable loans. Open to everyone who lives or works in Manchester. All services are available online at manchestercreditunion.co.uk or you can also visit the city centre branch -

- 113 Abbey Hey Ln, Abbey Hey, M18 8TJ
- Open Tuesday and Thursday 9.30am to 3pm
- Call 0161 370 3472

REVIVE

Drop in centre for asylum seekers and refugees.

- 187 Grey Mare Ln, Beswick, Manchester M11 3ND
- Open Monday to Friday, 9am to 5pm
- Call 0161 223 5668 or email pat.o@revive-uk.org



this Winter.



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Family support & activities

Little Northerners

A free chill out space for families aimed at pre-school children.

- Open 7 days a week 9am – 4pm, with play facility free activities throughout the week
- Great Northern 235 Deansgate, Manchester M3 4EN (9am to 4pm)

42nd Street

Mental Health Service for people aged 13 to 25 years.

- The SPACE, 87-91 Great Ancoats St, Ancoats
- Open Monday to Friday, 9.30am to 5pm
- Call 0161 228 7321



Other local offers & groups

Carers Manchester Central

Support services for carers living in central Manchester.

- Call 0161226 6334, email Carers-mrcrcentral@accg.org.uk or visit face to face at ACCG,
- Claremont Resource Centre, 2 Jarvis Road, Hulme, M15 5FS Mon-Fri 9am to 4.30pm

Back on Track

Learning centre in Manchester to assist adults going through a process of recovery or rehabilitation.

- An extensive programme of courses, activities and sessions are available (including walking groups, music lessons and more)
- 4th Floor, Swan Buildings, 20 Swan Street, Manchester M4 5JW
- Ring 0161 834 1661 or email info@backontrackmanchester.org.uk

LGBT Foundation Manchester

Offering advice, support and information services for lesbian, gay, bisexual, transgender, queer (LGBTQ+) communities and individuals

- Fairbairn house (2nd floor) 72 Sackville street, Manchester, M1 3NJ
- Weekdays 9am to 9pm, Sat & Sun 10am to 6pm
- Ring 0345 3 30 30 or email info@lgbt.foundation

Manchester Art Gallery

Offering a number of informative events and workshops that are often free to attend and open to the public.

- Mosley Street, Manchester, M2 3JL
- Open Tuesday to Sunday, 10am – 5pm
- Ring 0161 235 8888 or visit manchesterartgallery.org for 'What's on'



Warm Hub offers

Manchester Central Library

A warm hub offering free Wi-Fi, accessible toilets, computer access, charging facilities, and other refreshments.

- Open Monday-Thursday (9.00am-8.00pm), Friday and Saturday (9.00am-5.00pm)
- St Peter's Square, Manchester M2 5PD

King's Church Manchester

A welcoming space, where you can sit a while, stay warm, grab a brew and meet others.

- Open Monday-Friday (1.00pm-3.00pm)
- Kings House, Sidney St, Manchester M1 7HB

Thank you to all voluntary groups and organisations for providing these services and information, we genuinely value your support in keeping our residents healthy and well.



Social, wellbeing & befriending community groups

Manchester Cares

Working in UK Black and Ethnic communities to protect and safeguard children from abuse, modern slavery and exploitation.

- Suite 2, Ground Floor, Building 3, Universal Square, Devonshire St N, M12 6JH
- Open Monday to Friday, 8.30am to 5.30pm
- Tel: 0161 205 9274

Brunswick Village

Activities for over 55 year olds who live locally. They ask for a £1.50 donation for activities if possible

- All sessions are based at Brunswick Village, 50 Brunswick St, Ardwick M13 9PE
- Call 0161 676 8709 and ask for Yvette

Chinese Health Information Centre (CHIC)

Health & wellbeing support for anyone from Chinese and South East Asian communities.

- Drop-in services are available Monday to Friday 9:30 to 4:30pm,
- 6-8 Houldsworth Street, Manchester, M1 1EJ
- Email Chic.manchester@gmail.com or ring 0161 228 0138 / 07468539973

Andy's Man Club

Free-to-attend peer-to-peer support groups for men in Manchester.

- Mondays at 7pm, 62 – 66 Deansgate Manchester, M3 2EN
- Email Info@andysmanclub.co.uk for more info

Mandem Meetup

Providing safe spaces for men to come together and end the stigma around mental health.

- Talking circles, gym sessions, creative writing sessions and more
- The city centre talking circle takes place every other Tuesday at Village Hall, Deansgate Mews, M3 4EN (6pm start)
- For more info on upcoming events email themandemmeetup@gmail.com

House of Books and Friends

Independent Bookshop, Events Space & Café, combatting loneliness through the shared love of reading and books.

- The cafe is open Monday to Saturday 8am to 6pm on the Ground Floor of the Manchester Reform Club, 81 King St, Manchester M2 4AH

Wai Yin Society Carers Corner

Provides a monthly space for carers to share their feelings and have a break from their caring role. For Chinese carers aged over 55.

- Call 0161 833 0377 or email info@waiyin.org.uk for more information.
- Sessions based at Sheung Lok Centre, Justin Close M13 9UB



Employment, skills & learning

Smart Works, Greater Manchester

Support for unemployed women from across all Greater Manchester boroughs and the wider North West and from a range of different backgrounds and age groups (16yrs +).

- Free services include: Pre-employment career coaching, help finding a job and interview coaching
- Open to all women (16+) across Greater Manchester who are currently unemployed or on a zero-hours contract
- Ask someone who is supporting you with your job-search to refer you: 0161 974 0669 or greatermanchester@smartworks.org.uk
- 65-81 St Petersgate, Stockport, SK1 1DS (a city centre location will be open in April 2023)

Book Nook at the Great Northern

Access to free books and a quiet place to stop off in the city centre.

- Visitors can enjoy a quiet read or take away a maximum of two books each visit (books can be kept or returned for other to read after use)
- The Management Suite, Great Northern Warehouse, 235 Deansgate, Manchester M3 4EN
- Open 10am to 7:30pm
- If you'd like to get in touch, contact emma.james@thegreatnorthern.com

COVID and Flu are about this Winter - Get your Flu vaccination and COVID winter booster!

Everyone over 50 is urged to get both the Autumn COVID booster and the flu vaccine this winter. For more info and where to get your vaccinations, visit www.manchester.gov.uk/getmyjob or by calling **0800 840 3858**. Open five days a week from 9am to 5pm. Translation services available.

Need support with your mental health? You can contact the Mind infoline on 0300 123 3393 for advice. Greater Manchester Mental Health also run a 24/7 helpline on 0800 953 0285 for crisis or urgent support.