



COMPILED BY



healthy me
healthy communities
www.hmhc.co.uk



Old Abbey Taphouse

Hulme Community Hub offering hot meals & necessity deliveries, newsletter, radio station & live streaming, befriending service.

Contact: Rachelle 07905271883
or Craig 07835166295
galivantes@gmail.com

Guildhall Close, Manchester Science Park
M15 6SY

Gorton Day Centre

Food parcels, shopping and prescription deliveries, and wellbeing support.

Contact: 0161 223 6062 or
stephen.chapman@ageukmanchester.org.uk
24 Mount Rd, Manchester M18 7GS

Anson Cabin Project and Anson Community House (also hosts HMHC Grab & Go)

Providing support and activities for children, young people and adults of all ages.

Contact: 0161 248 569 or
info@ansoncabin.co.uk
www.ansoncabin.co.uk

Meldon Road, Manchester M13 0TT

Levenshulme Inspire

Meal deliveries, wellbeing support and help getting online.

Contact: 0161 850 5717 or
admin@levinspire.org.uk
747 Stockport Road M19 3AR

CENTRAL SERVICES

Ardwick, Longsight, Hulme, Moss Side, Rusholme, Chorlton, Fallowfield, Whalley Range, Gorton, Levenshulme



Rainbow Haven

Support for asylum seekers and refugees. Advice with benefits, homelessness, accessing solicitors, and other support.

Contact: 0161 370 3472 or
info@rainbowhaven.org.uk
www.rainbowhaven.org.uk

113 Abbey Hey Lane M18 8TJ

Oasis Centre

Support with benefits, housing, debt, immigration, social isolation and food provision.

Contact: 07732 352 568
support@oasisgorton.org
oasisgorton.org

Collier House, Wellington Street, Gorton M18 8TX

Aquarius Centre (also hosts HMHC Grab & Go)

Offering a range of educational and social activities for all ages and abilities and hosting Grab and Go.

Contact: aquarius@onemanchester.co.uk
www.aquariuscentrehulme.co.uk
21 Eden Close M15 6AX

Gorton Community Centre

Hosts HMHC Community Grocer and offers a range of community activities from Zumba to drawing classes.

Contact: 0161 223 1516
548 Abbey Hey Lane, Gorton M18 8PE



* Some Community Grocers are currently operating a Grab and Go service.

For more information contact Amie on 07910 879985 or email amie@hmhc.co.uk

COVID-19: opening hours/times may differ, please call to check.

CITY WIDE SERVICES

Domestic Abuse



Saheli Womens Project Advice

Support for Asian women and their children fleeing domestic abuse and/or forced marriages.
Contact: 0161 945 4187 or info@saheli.org.uk
saheli.org.uk

Respect

Support line for male victims of domestic abuse.
Contact: 0808 801 0327 or info@mensadviceline.org.uk
www.mensadviceline.org.uk

Women's Aid

Support and advice for those suffering from domestic abuse.
Contact: 24/7 national helpline 0808 2000 24
Local Manchester helpline: 0161 660 7999
referrals@manchesterwomensaid.org
www.pankhursttrust.org

Carer's Support



Connect Support

For families/carers of those suffering with mental health issues.
Contact: 0161 945 50
info@connectsupport.org.uk
www.connectsupport.org

Local Offer

Support for Families with Children with Special Educational needs and disabilities
Contact: 0161 324 1946 or localoffer@manchester.gov.uk

Manchester Carers Network

Providing health and wellbeing support to carers.
Contact on: 0161 834 6069 (then press option 2) or info@gaddum.org.uk
www.manchestercarersnetwork.org.uk

Health & Wellbeing



Greater Manchester Mental Health

24/7 helpline
Contact: 0800 953 0285
www.gmmh.nhs.uk

CGL (Change, Grow, Live)
Alcohol and drug service.
Contact: 0161 214 0770 or hayley@mroom.co.uk www.changegrowlive.org

Be Smoke Free (we can refer you!)

Support to quit smoking or reduce the amount of cigarettes you smoke.
Contact: 0161 823 4157 or manchesterbesmokefree@cgl.org.uk

Be Well (we can refer you!)

Support with different matters including finance, health, mental health, and employment. GP referrals and self-referrals taken.
Contact: 0161 470 7120 or bewell@thebiglifegroup.com
www.thebiglifegroup.com/service/be-well

Buzz

Health and Wellbeing service offering support to community groups and hosting health events &courses. Physical Activity Referral Service (PARS) and many other health and wellbeing support.
Contact: 0161 271 0505 or buzz@gmmh.nhs.uk
www.buzzmanchester.co.uk

Manchester Mind

Access mental health support and information.
Contact: 0161 769 5732 or info@manchestermind.org
www.manchestermind.org

Macmillan Cancer Support

Support for those affected by cancer. Translation service available.
Contact: 0161 276 6868 or 0808 808 0000 or cancer.information@mft.nhs.uk
www.macmillan.org.uk

Self-help Services (we can refer you!)

Access mental health support and counselling.
Contact: 0161 226 387 or pws.manchester@selfhelpservices.org.uk
www.selfhelpservices.org.uk

Advice and Support



LGBT Foundation

Advice, emotional support and signposting for the LGBT community.
Contact: 0345 330 30 30 or info@lgbt.foundation
www.lgbt.foundation

Caribbean & African Health Network (CAHN)

Providing health and wellbeing support to the African and Caribbean community.
Contact: 07710022382 or info@cahn.org.uk
www.cahn.org.uk

Manchester City Council support

Support with food, finances, and fuel.
Contact: 0800 234 6123

Greater Manchester Rape Crisis

Contact: 0161 273 4500
help@manchesterrapecrisis.co.uk
www.manchesterrapecrisis.co.uk

CAB (Citizens Advice Bureau) (we can refer you!)

Advice & support with a range of issues including, money, housing, work, benefits, debt, legal matters, family, immigration, Energy Fuel Service.
Contact: 03444 111 222 or message on Facebook: @ManchesterCAB.
Universal credit support: 0800 144 8 444
www.citizensadvicemanchester.org.uk

Manchester and Trafford Community Care Navigators

Providing support for connecting people with available health and wellbeing services in your local community.
Contact: 0161 291 3659 or mft.carenavigators@nhs.net

Ethnic Health Forum

Welfare advice, mental health support, and womens welfare support for members of the BAME community.
Contact: 07957 317 707
Women's project: 07367 578 640 or info@ethnichealth.org.uk
www.ethnichealth.org.uk

Sexual Health Services

Contraception helpline: 0161 701 1523
www.thenorthernsexualhealth.co.uk

Young People's Services



Centrepoint Homelessness

Support for under 25s.
Contact: 0161 228 7654

42nd Street

Online mental support for young people.
www.42ndstreet.org.uk

Papyrus Hopeline

Suicide support line for children & young people.
Contact: 0800 068 4141 or pat@papyrus-uk.org
www.papyrus-uk.org

Street League

Career, employment, and wellbeing support for 18-30 year olds. Including support with applications, free courses, and fitness.
Contact: 07887 530 346 or michael.worrall@streetleague.co.uk

Learning and Development



English as a Second Language Manchester

Access English as a second language courses.
Contact: esol@manchester.gov.uk or 07307 810 376
www.manchesteresol.org

Manchester Adult Education Access

Free online courses.
Contact: adult-education@manchester.gov.uk
www.manadulted.org.uk

The Job Gym

Training and support with getting back into employment.
Contact: 0333 2206645 or enquiries@jobgym.co.uk
www.thejobgym.co.uk

Support for Older People



Age UK

Meal deliveries, prescription collections, shopping, visits and calls.
Contact: 0161 223 6062 or 07565 988 502 or enquiries@ageukmanchester.org.uk
www.ageuk.org.uk/manchester

Silver Line Confidential

Free helpline for older people.
Contact: 0800 470 80 or info@thesilverline.org.uk
www.thesilverline.org.uk