



# Support near you to help with winter worries

## Neighbourhood Winter Services Guide Wythenshawe (Brooklands and Northenden)

*Published November 2023*



- 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](https://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 your neighbourhood. Please don't be afraid to ask for support if you need it and make contact with the services listed below.

For the latest offers, opening times and information on support across the area, please follow the Facebook page - [Fighting the Cost of Living Crisis across Wythenshawe](#). Just search for it on Facebook.



## Local food banks, clothing and warm hubs.

Vouchers for foodbanks can be obtained from a number of agencies - [www.wythenshawe.foodbank.org.uk/get-help/foodbank-vouchers](http://www.wythenshawe.foodbank.org.uk/get-help/foodbank-vouchers)

### The Bideford Community centre

Charity shop and community café with free arts classes and nails, community food, quiz/bingo and famous 10p stall.

- Tuesday and Thursday 10am to 2pm. Art classes and free nail service on Tuesday - Bideford Community Centre, Bideford Drive M23 0QN

### St Richards Foodbank

Foodbank. Voucher required.

- Tuesday 9.30 to 10.30am - St Richards Peel Hall, 100 Peel Hall Road, Wythenshawe M22 5HB
- Call 0161 998 2071

### Lawton Moor Methodist Church

Hosting several social events at Lawton Moor Methodist Church, Lawton Moor Road, Button Ln M23 0ND

- Lunch club with two course meal and hot drink for £5. on Wednesdays, 11.30am to 1pm
- Rummage sale on 1st Saturday of the month from 11am to 1pm.
- Young at Heart Social Club for over 55's on Mondays from 1.30pm to 3.30pm.

### The Church of the Nazarene

Free Foodcycle community meal, community café and food pantry.

- Wednesday community meal 5pm to 7pm. Thursday Brooklands pantry and coffee, cake and chat 11am to 12 noon and 1pm to 2pm. Soup 12 noon to 1pm - Church of the Nazarene, Wendover Rd M23 9FN

### Bread and Butter Thing @St Lukes

Community food membership and foodbank. Voucher required.

- Saturday 11am to 12 noon - St Lukes Church Hall, Brownley Road, Wythenshawe, Manchester, M22 5EB. Church Hall also open Wednesday 9 to 11 am for hot drinks, toast and warmth.

### The Sharston Shop

Donated clothing and shoes available at no charge for families with a child under 5 in M22 or M23.

- Sharston Children's Centre, Poundswick Lane, Sharston M22 9TA
- Call 0161 529 0080 or visit [www.facebook.com/wythenshawechildrenscntres/](http://www.facebook.com/wythenshawechildrenscntres/)

### The Dandelion

Community food and foodbank as well as a clothes/ bric-a-brac section. A warm welcome with tea or coffee and a friendly chat. Voucher required for the foodbank.

- Monday and Wednesday 10am to 1pm - Oatlands Rd, Woodhouse Park M22 1AH
- Sunday 12.30 to 2.30pm three-course meal
- Call 0161 437 4392 or visit [www.facebook.com/TheDandelionCommunity/](http://www.facebook.com/TheDandelionCommunity/)

### Mo's Cabin

A charity shop and a warm welcome with tea and toast available.

- Tuesday and Friday 9.30am to 12.30pm - Brownley Green Methodist Church, 57 Broadoak Road, M22 9NE

### Emmaus South Manchester

Emporium is open for a good rummage in the bargains and a cafe offers cheap snacks.

- St Andrews Methodist Church, Brownley Rd M22 0DW
- Call 0161 769 9555 or visit [www.emmaus.org.uk/south-manchester/shop/emporium/](http://www.emmaus.org.uk/south-manchester/shop/emporium/)

### Wythenshawe Safety Patrol Community Hub

Free breakfast, lunch and dinner in a warm and friendly environment. Sometimes pre-loved clothing also available.

- Monday, Thursday and Friday 8.30am to 4pm at St Michael's Parish Community Hall, Orton Road, Northern Moor, M23 0PX

### St Martins Church Hall Babybank

Little lighthouse baby bank for all your baby needs clothes, milk, nappies, wipes etc). Free place of welcome with coffee, tea and biscuits.

- Thursday 10am to 12noon Bowland Rd, Baguley M23 1NA

### Sacred Heart Club House

Foodbank (voucher required).

- Wednesday 12pm to 2pm - Sacred Heart & Saint Peter's Catholic Church, 98 Floatshall Road, M23 1HP

### St Aiden's Foodbank

Wednesdays 12pm to 2pm - St Aidan's Church, Wythenshawe Road M23 0PH

# this Winter.



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## William Temple Church Hall

A warm inviting safe space with hot drinks toast and other food offers.

- Thursday 12noon to 2pm - William Temple Vicarage, Robinswood Rd, Wythenshawe, Manchester M22 0BU (close to Asda carpark)

## Eden Family Café

A family friendly place to meet over a cuppa have a chat whilst the children play and maybe even buy yourself a bacon butty at very low costs

- Friday 9 to 10.30am (term time only) - St Michael's Community Hall, Orton Road M23

## Benchill Community Centre Winter Warmer

Free hot drinks, soup and biscuits. Meet new people and find out what goes on in our wonderful Wythenshawe.

- Monday, Wednesday and Friday 10am to 3pm (Food Bank Friday 1pm to 2pm) - Benchill Community Centre, Benchill Rd, Wythenshawe, Manchester M22 8EJ

## The Help Centre (Know Africa)

Shopping available for a donation.

- Thursdays and alternate Saturdays from 10am to 12pm at Wythenshawe Community Church, 94 Crossacres Road, M22 5BS.
- For dates and info, visit [facebook.com/knowafrica.org](https://facebook.com/knowafrica.org)

## Tree of Life

Low-cost furniture, health & wellbeing activities, community café, foodbank (voucher required) and pantry

- Open throughout the week - Tree of Life, Greenbrow Road M23 2UE

## The Message Community Grocer

Community food, debt advice, money courses and life skills. £5 annual membership gives you access to up to 3 weekly shops.

- Monday to Friday 9.30am to 4.30pm (Tuesday from 10am) - Harper Road, Sharston M22 4RG

## Lifestyle Styles Café

Healthy lunches at great prices.

- Monday to Thursday 9am to 2pm - Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe, M22 1QW

## Warm Hubs at the libraries

All Wythenshawe Libraries are operating as Warm Hubs if you need somewhere safe and warm during the day this Winter. Visit [manchester.gov.uk/libraries](https://manchester.gov.uk/libraries) for details of all library services and opening times.



## Support and advice.

### CAP Debt Centre for Wythenshawe

Support on your journey out of debt. Recommended by Martin Lewis the Money Saving Expert.

- Call Clare on 0800 328 0006 to book an appointment.

### South Manchester Credit Union

Community-based credit union offering saving accounts and loans to the people of South Manchester.

- Visit [www.smcreditunion.co.uk](https://www.smcreditunion.co.uk)

### Manchester Credit Union

A member owned financial co-operative, providing an easy way to save and affordable loans when you need them. Open to everyone who lives or works in Manchester. All services are available online at [www.manchestercreditunion.co.uk](https://www.manchestercreditunion.co.uk) or you can also visit MCUs local branch:

- Unit 10, Haletop, Wythenshawe Civic Centre M22 5RN – open Monday to Friday 9am to 3.30pm



## Befriending and wellbeing.

### Wythenshawe Cricket Club Parents and Tots Coffee Morning.

£2 gets you a drink, biscuit and a play session for your little person.

- Wednesday 10am to 12 noon - Wythenshawe Cricket Club, Longley Lane, Northenden.

### Wythenshawe Good Neighbours (WGN)

Reducing social isolation and promoting wellbeing for Wythenshawe residents aged 50 and over. Community lunches, coffee mornings, monthly newsletter, day trips and a new Volunteer Drivers Scheme (accessed by becoming a WGN Member) Try free membership until 31 March 2024 (annual membership £10).

- Email: [WGNteam@outlook.com](mailto:WGNteam@outlook.com) or call 0161 905 3898
- Visit [www.wythenshawegoodneighbours.com](https://www.wythenshawegoodneighbours.com)

### Be Well Social Prescribing Offer

Empowering people (18 plus) to make positive changes to health and wellbeing. One to one health and wellbeing coaching, weight management groups, employment coaching and signposting to specialist support.

- Contact Be Well on 0161 470 7120. Services provided at local venues.



## Thrive MCR Brew & Chat

For adults looking after children with special educational needs and/or disabilities to come and join like-minded people in a relaxed environment to chat, have a brew and support each other. Children are also welcome to come along.

- Every Thursday 1 to 2pm - Benchill Community Centre, Benchill Road M22 8EJ
- Call Colette (Thrive Manchester) on 07853 941290

## Thrive MCR Walks

Short walk suitable for all (can be adapted to suit your needs). A chance to chat and walk followed by a drink afterwards.

- Wednesday 11am meet outside Boxx2Boxx Café, Northenden M22 4FY; Thursday 11am meet outside Benchill Community Centre, M22 8EJ; Friday 11am meet outside Woodhouse Park Lifestyle, M22 1QW
- Call Chantel (Thrive Manchester) on 07859 832533



## Family support & activities.

### SureStart Children's Centres

Supporting parents in pregnancy and with children aged 0 - 5, living in M22 and M23. Providing group-based play activities, groups for parents and 1:1 support for families.

- Local centres are in Baguley, Benchill, Woodhouse Park, Sale Road and Crossacres Family Hub
- Call 0161 529 0080

### Crossacres Family Hub

Supporting families with children aged 0-19 years or aged up to 25 for people with special educational needs (SEND). Working with local organisations and services to offer a 'one stop' shop, including support and/or signpost families to other services depending on what a family needs.

- The Hub is based at Poundswick Lane, M22 9TA
- Call: 0161 529 0080

### Get vaccinated this Winter

COVID and Flu are about. Don't forget to get your free vaccinations if you're eligible. Find out how and where at [www.manchester.gov.uk/getmyjab](http://www.manchester.gov.uk/getmyjab) or call 0800 840 3858.



## Other local offers.

### Women's Group

Ladies come for company and friendship, they feel safe and cared for. An opportunity to learn and enjoy cultural exchanges, cook together, and learn English through their activities. There is always a lovely welcoming atmosphere, and the ladies are looking for more opportunities to develop services in the Centre.

- Thursday 10.30pm to 12.30pm St Aidan's Centre, 230a Wythenshawe Road M23 0PH
- Call 07824 329 331 or email Lana.osman@caritasshrewsbury.org.uk

### Directions for Men

Men's support group.

- Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe, M22 1QW.
- Call: 07894 971 434 or email: hello@directionformen.org.uk

### MENd Minds

Aimed at improving the wellbeing of local men through developing a community/nature garden.

- Thursday 1pm to 3pm - St Aidan's Centre, 230a Wythenshawe Road M23 0PH
- Call 0161 998 8802 or email info@caritasshrewsbury.org.uk

### Self Help services (Talking Therapies)

Support with your mental health

- For more information, call 0161 226 3871
- Visit: [www.selfhelpservices.org.uk/referrals/self-referrals](http://www.selfhelpservices.org.uk/referrals/self-referrals)

### Blossom - Health Through Activity

Activities, workshops and courses supporting people to grow and cook their own food as well as practical ideas to manage budgets including how to use fuel reducing appliances (air fryers, slow cookers, pressure cookers).

- Sessions on Wednesdays, Thursdays and Saturdays from 1pm to 4pm, at Wythenshawe Park, Horticulture Centre, Wythenshawe Rd M23 0AB
- Email: info@blossom-mcr.co.uk

**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.

**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.**

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