

Chorlton Park



Useful information on help with the cost of living, wellbeing and what's on for people in Chorlton Park

Developed and supported by Chorlton Park Cost of Living Partnership

Welcome

This guide to Chorlton Park was created with the partners and local organisations involved in the Cost of Living Group (COL) in Chorlton Park, including MLCO and MCC health and community development teams.

Its purpose is communication: about where what and how good things happen in our neighbourhood - and where to go when things are not working out.

Take a look and find what you need or just discover something new.

Volunteering

Volunteering is giving your time to support a project that runs with support. It's a great way to contribute to your community and boost your mental wellbeing by getting out and connecting with people, plus giving something positive back. Where you see this icon - you can ask about volunteering and sign up.

Manchester VIP is another way to find volunteering opportunities. Visit <https://mcrvip.com/index-classic> or scan the QR code.



Comments, feedback or additional information about the COL group

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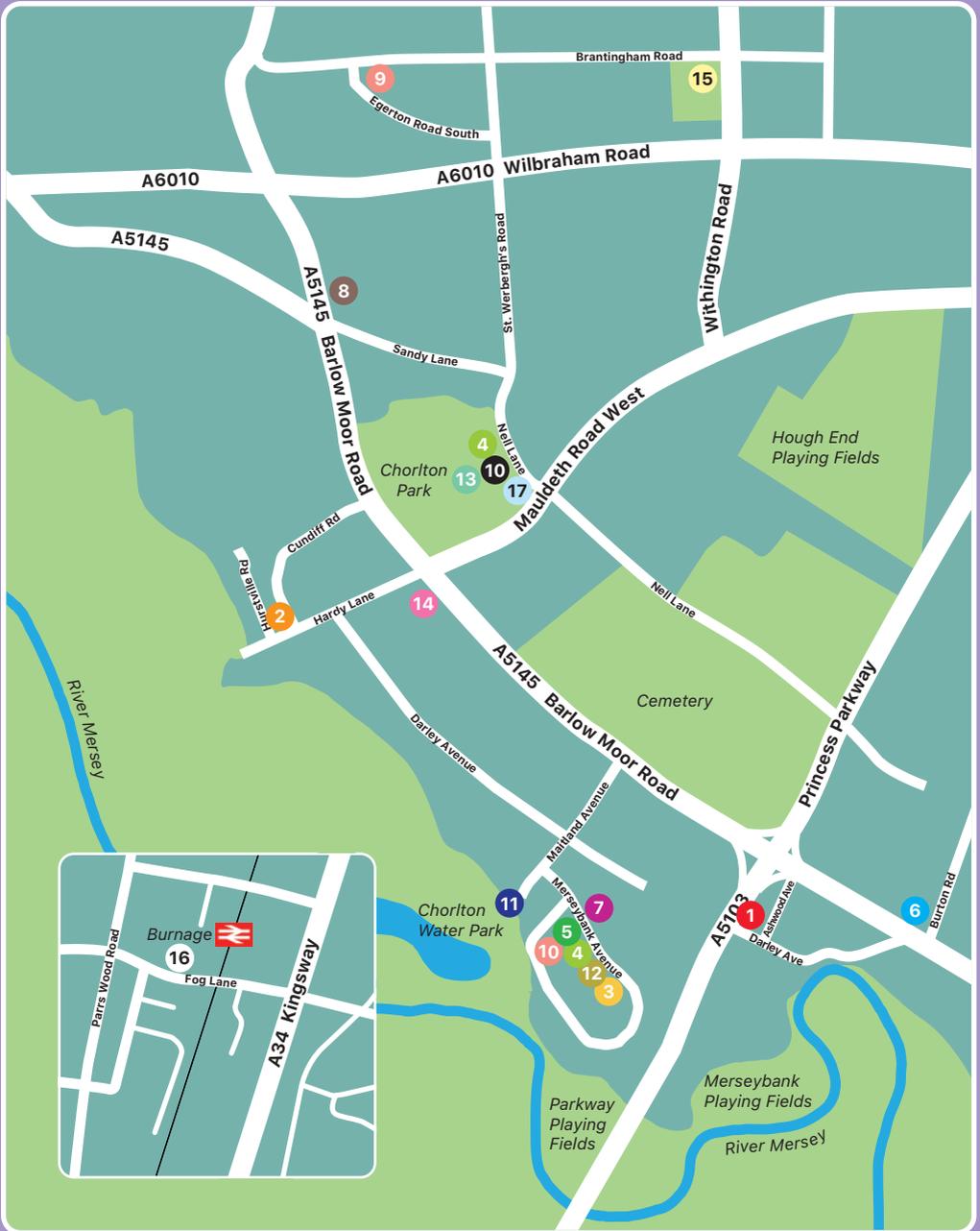
Our Chorlton Park

Our neighbourhood support is: walks, talks, gardening, legal advice, food, connections, toiletries, clubs, groups, volunteering, heating advice. It is also a network of good people who want to help each other.

The wheel below shows 5 ways to build feelings of well being. Inside this booklet you will find places to achieve all or any of these ways of wellbeing. It's all on our doorstep. Take a look...



Neighbourhood Name: **Chorlton Park**



Locations are marked on the map using coloured dots:

Food, Clothing, Food Banks and Similar Offers

- | | |
|---|--|
| 1 Didsbury Foodbank | Christ Church, Darley Ave, West Didsbury M20 2ZD |
| 2 Chorlton Foodbank | St Barnabas, Hurstville Rd, Chorlton M21 8DH |
| 3 Perry's Pantry | 54 Merseybank Avenue, Chorlton M21 7NN |
| 4 Brookfield and Merseybank 'Quids In' Food Clubs | The White House, Chorlton Park, Nell Lane M21 7UD & Merseybank Shopping Parade, 42 Merseybank Avenue, Chorlton M21 7NN |
| 5 The Den | 40 Merseybank Avenue, Chorlton M21 7NN |
| 6 Didsbury Mosque Foodbank | 271 Burton Road, Didsbury M20 2WA |

Community Services and Activities

- | | |
|--|--|
| 7 Barlow Moor Community Association | 23 Merseybank Avenue, Chorlton M21 7NN |
| 8 Chorlton Central Church | Barlow Moor Road, Chorlton M21 8BF |
| 9 Chorlton Good Neighbours | Egerton Road South, Chorlton M21 0XJ |
| 10 Friends of Chorlton Park | The White House, Chorlton Park, Nell Lane, Chorlton M21 7UD |
| 11 Friends of Chorlton Water Park | Maitland Water Park, Chorlton M21 7UD |
| 12 Merseybank Garden Group | 40 Merseybank Avenue, Chorlton M21 7NN |
| 13 Arrowfield Tenants and Residents Association | The White House, Chorlton Park, Nell Lane, Chorlton M21 7UD |
| 14 Barlow Hall Tenants and Residents Association | Co-op Community Room, above Co-op Food, 349 Barlow Moor Road, Chorlton M21 7QH |
| 15 St Margaret's Centre and Playing Field | Brantingham Road, Chorlton M21 0TT |

Financial Support, Advice and Credit Unions

- | | |
|----------------------------------|-------------------------------|
| 16 South Manchester Credit Union | 187 Fog Lane, Burnage M20 6FJ |
|----------------------------------|-------------------------------|

Children and Young People

- | | |
|---|---|
| 17 Barlow Hall Sure Start Children's Centre | Beehive, 30 Nell Lane, Chorlton M21 7SJ |
|---|---|

Food, Clothing, Food Banks and Similar Offers

Chorlton & Didsbury Foodbanks

1 and 2

Summary: Provides food parcels to families and individuals.

Eligibility: Referral from an agent such as a Housing Association, Citizens Advice or Social Worker / Prescriber. They can call Citizens Advice on **0808 208 2138**.

Times, Contacts and Location: Christ Church, Darley Ave, West Didsbury M20 2ZD and St Barnabas, Chorlton M21 8DH.

Drop-in services on Wednesdays 11am - 12.30pm at Christ Church and Fridays 12.30 - 2.00pm at St Barnabas.

Delivery only service for people with mobility issues and large families on Tuesdays 1.30 - 3.00pm.



Emmeline's Foodbank and Food Pantry

Summary: A charity run by women for women in need.

Eligibility: A referral can be made to FOOD BANK by any registered professional for service users who have no money for food, toiletries, baby equipment, cleaning products. A referral can be made to FOOD PANTRY by any registered professional for service users who have less than £10 per adult and £5 per child per week for food.

Times, Contacts and Location: E. emmelinespantryparlour@gmail.com
T. **0161 204 3373**

Location available on request.

Perry's Pantry

3

Summary: We are now looking for new families (limited spaces) to join our Pantry Scheme. Are you on benefit, Universal Credit, PIP or on low income? We offer a pantry service – which is a great solution for those needing long term help.

Eligibility: You can join our pantry scheme for £5 per year. Clients can then come in once a week and do a store cupboard weekly shop, for £7.50 or £10.50, depending on their funds and family size. Food includes but is not limited to fresh fruit and veg, bread, meat, fish, tinned foods, and non-food items such as sanitary products, toiletries etc. All sanitary products are free.

Times, Contacts and Location:

Open 1.00pm to 3.30pm Tuesday and 10.30am to 3.30pm Wednesday and Thursday.

E. perryspantryfoodbank@gmail.com T. **07563 573 358**

54 Merseybank Avenue, Chorlton M21 7NN.



Brookfield and Merseybank 'Quids In' Food Clubs

4

Summary: the volunteer run QI food club is aimed at the many households in M21 (Southway tenant or not) struggling to feed their families each week. It is an ongoing membership offering fresh and chilled items distinct from foodbanks.

Eligibility: 'Quids In' offers up to £20 worth of food for an annual fee of £5 for tenants of Southway Housing Association and £10 for non-tenants, in addition to a £4 weekly membership fee for tenants or £6 weekly fee for non-tenants, which helps pay Fareshare, the charity that supplies the food.

You can apply by emailing quidsin@southwayhousing.co.uk or call **0161 448 4200** and ask about joining Quids In.

Please keep in mind that some clubs have waiting lists.

Times, Contacts and Location:

Thursdays 10.30am - 12:45pm at Brookfield House (the white building in Chorlton Park, Nell Lane entrance), Nell Lane, Chorlton M21 7UD.

Fridays 12.00pm - 2.45pm at the Pop-Up Shop on Merseybank Shopping Parade, 42 Merseybank Avenue, Chorlton M21 7NN.



The Den

5

Summary: The Den offer free clothing throughout the year, including school uniform. Breakfast and lunch offered daily.

Eligibility: Open to all.

Times, Contacts and Location:

Monday to Friday 10.00am - 4.30pm.

Breakfast 10.00am - 12.00 noon. Lunch 12 noon - 3.00pm.

Open til 8pm Mondays and Thursdays - late evenings include games, craft and bingo.

Additional later evenings during summer months.

W. www.facebook.com/thedenmerseybank

40 Merseybank Avenue, Chorlton M21 7NN.

Food, Clothing, Food Banks and Similar Offers

Didsbury Mosque Community Foodbank

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Summary: We serve Chorlton, Withington and Didsbury with Halal meat and culturally appropriate foods. The foodbank also does emergency food packs.

Eligibility: Open to all.

Times, Contacts and Location: Monday, Wednesday and Thursday
10.00am - 3.00pm.

Visit didsburymosque.org/food-bank for an online Referral Form.

T. Tracey Pook (Food Bank Manager) **07464 602434**

Didsbury Mosque, 271 Burton Road, Manchester, M20 2WA.

Community Activities Services - General

Barlow Moor Community Association

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Summary: Managed by local residents and representatives of local organisations BMCA Ltd community centre is located on the Merseybank Estate.

BMCA's services, many delivered in partnership with local groups, contribute to local improvements and better outcomes for local people by delivering city wide and national strategy at a meaningful local level within our community and clubs.

Services include help and support, crisis support, warm hub, health and wellbeing, outreach library with internet access, bike hire, charity shop, room hire and food provision including food parcels and lunches.

Children and young people provision: Weekly open-access youth and play sessions for children and young people aged 5 to 19. Everyone is welcome to drop in, have fun, make friends, and get involved in a safe, supportive space. For full details about days, times, and activities, please visit our website.

Eligibility: Open to all.

Times, Contacts and Location:

E: rachel@barlowmoorca.co.uk T: **0161 446 4805**

WhatsApp: **07760 117235** W: www.bmcald.co.uk (scan the code):

Barlow Moor Community Centre, 23 Merseybank Avenue,
Chorlton M21 7NT

Warm Hub on Monday to Thursday 9.00am - 4.00pm and Friday
9.00am - 2.00pm



Barlow Moor Community Association Timetable

	Meals	Activities	
MON	9.30am - 11.00am Breakfast 12.00pm Lunch*	10.00am - 12.00pm Digital Support Session – Drop In	
TUE	9.30am - 11.00am Breakfast 12.00pm Lunch*	10.00am - 12.00pm English Conversation Café – Drop In 10.00am - 12.00pm Craft Making	1.00 - 3.00pm Men's Den
WED	9.30am - 11.00am Breakfast 12.00pm Lunch*	10.00 - 11.00am Chair Based Exercise* 1.00 - 4.00pm Job Club – Drop In	11.00 - 12.00pm Cake & Conversation 1.00 - 3.00pm Let's Cook*
THU	9.30am - 11.00am Breakfast 12.00pm Lunch*	10.00 - 11.00am Walk & Talk meet at BMCA 1.00 - 3.00pm Digital Support Session – Drop In	10.00am - 11.00am Craft Group 1.00 - 3.00pm Social Afternoons
FRI	10.00am - 1.00pm Breakfast Brunch	10.00 - 11.00am Music for Mindfulness	12.30 - 1.30pm Tai Chi

* must be pre-booked

We also offer financial and benefit support through an appointment based system only - call us on **0161 446 4805**.



Community Services and Activities

Chorlton Central Church

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Summary: Whether you would like a hot meal, would like to volunteer to serve food, would enjoy the crafts, could sit and chat with others, or want a warm space and a friendly face – come and join in the community for food and fun at Chorlton Central Church. All ages and backgrounds welcome.

#BuildingCommunity

A Warm Wednesday: hot food and drinks will be available, as well as crafts and chat for all ages – all completely free of charge!



Crafty Club (Thursdays): for kids with parents (meal for children only).

Eligibility: Open to all.

Times, Contacts and Location:

Wednesdays 3.30 - 5.00pm
and Thursdays 3.30 - 5.00pm.

W: www.chorlton-central.org.uk

Chorlton Central Church, Barlow Moor Road,
Chorlton M21 8BF.



Adult ADHD and Autism Peer Support Group NEW

For adults diagnosed in adulthood, not yet diagnosed, self diagnosed or contemplating diagnosis. Join us for peer support and advice, to ask questions and gain insight.

Every first Tuesday of the month, 5.00 - 7.00pm



Chorlton Good Neighbours

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Summary: Chorlton Good Neighbours provides a range of services and activities to reduce isolation, and support people to have an enjoyable, valued and meaningful older age.

Eligibility: Activities and services are for older residents aged 65 years and above. Unfortunately, we are unable to offer support to anyone with dementia or complex needs. We recruit local volunteers

Times, Contacts and Location:

Tuesday Social and Snooker at SWMCC 2.00 - 3.30pm.

Thursday Coffee morning, with Digital Drop in 9.45 - 11.15am.
Art and Craft 1.00 - 2.30pm. Melodics singing group 11.30 - 12.30.

Friday Drama Group 10.00am - 12.00pm. Gardening club 10.00am - 1.00pm.

We also offer monthly History Talks, a Positive Living Group, a Sunday Tea and volunteers are involved with one to one befriending. Please come and join us!

E: helen@chortongoodneighbours.org T: **0161 881 2925**

Wilbraham St Ninians Church, Egerton Road South, Chorlton M21 0XJ.
(office open 9.00am - 1.00pm, Monday - Friday)



Friends of Chorlton Park

10

Summary: Keep the space looking ace! Volunteers welcome for regular gardening sessions - compete novices or crack experts all welcome.



Times, Contacts and Location: Our regular gardening session Saturdays 9.30am to 12 noon. Wednesday evening session 6.00pm to 7.30pm spring until July. All ages (under 18s accompanied by parent/ carer), all abilities, all tools provided.

E: friendschorltonpark@gmail.com

Friends of Chorlton Water Park

11

Summary: Friends of Chorlton Water Park Support and improve the space you love. Open to all.

Times, Contacts and Location: The group meets fortnightly on Wednesdays 10.30am - 12.30pm to protect biodiversity of the site.

Meet at the bench in the car park.

E: parks@manchester.gov.uk T: 0161 8815639



Merseybank Garden Group

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Summary: Social Activities and events throughout the year, e.g. Playing Out Day, Summer BBQs, Easter, etc. Daily gardening activities. Open to all

Times, Contacts and Location:

Tuesday: Men's Club 1.00 - 2:30pm and Friday: Bingo 2.00 - 3.00pm

Daily activities such as board games & crafts.

E. merseybankgarden@gmail.com T. 0161 425 0723

Search 'MerseyBank Garden Group' on Facebook.

Arrowfield Tenants and Residents Association

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Summary: Residents Association for the Arrowfield Estate. We build community, strengthen tenant and resident voices and improve the quality of people's lives. We discuss and resolve issues affecting people all across the estate and run events to bring people together. Open to all on the estate.

Times, Contacts and Location: We meet regularly at The Whitehouse in Chorlton Park usually at 6.00 - 7.00pm. For more information contact the group.

E: arrowfieldtenantgroup24@gmail.com

Facebook: www.facebook.com/groups/355991219802267

Community Services and Activities

Barlow Hall Tenants and Residents Association

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Summary: Barlow Hall Neighbourhood Group (BHNG). Community group of local residents working together to connect and improve and support the area.

Eligibility: All residents of Barlow Moor neighbourhood.

Times, Contacts and Location: Monthly meetings at the Community Room (above Co-op), Barlow Moor Road on the first Wednesday of the month between 5.15 and 6.15pm.

Events and activities—fun and information for all.

W: barlowhallneighbourhoodgroup.weebly.com

X: [@barlowhallgroup](https://www.instagram.com/barlowhallgroup) Instagram: [barlowhallneighbourhoodgroup](https://www.instagram.com/barlowhallneighbourhoodgroup)

For more information join our WhatsApp group by scanning the QR code with your phone:



St Margaret's Centre and Playing Field

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Summary: We are a vibrant community centre and playing field.

Eligibility: Open to all.

Times, Contacts and Location: Brantingham Road, Chorlton M21 0TT.

E: stmargaretscentre1@gmail.com

Facebook: www.facebook.com/groups/482841333276734



Men's Brew Crew Café

Giving local men the opportunity to get together, chat, connect and relax. Free. Tuesdays 12.30 - 2.00pm

Community Art Class

All are welcome. Free with donations welcome for materials and refreshments. Tuesdays 10.00am - 12.00noon.

Basic English Classes and Café

Chit chat chai! For women only. Free. Mondays during term time. English lesson: 9.30am - 11.00pm. Café: 11.00am - 12.30pm. T: **07404 887996**

Cosy Café

Community Café. All are welcome. Free. Thursdays 12.30 - 2.30pm



St Margaret's Centre Timetable

	Morning	Early Afternoon	Late Afternoon	Evening
MON	9.00am - 1.00pm Chit Chat Chai English Class 11.00am Ladies Cycling		3.00 - 5.30pm Wrap Around Care 5.00 - 8.00pm Faith School	6.00 - 10.30pm Maine Road F.C. match
TUE	10.00am - 12.00pm Art Class	12.30 - 2.30pm Mens Brew Crew	3.00 - 5.30pm Wrap Around Care 5.00 - 8.00pm Faith School	6.00 - 9.00pm Yoga with Chloe
WED			3.00 - 5.30pm Wrap Around Care 5.00 - 8.00pm Faith School	6.15 - 7.00pm Dance Fit 7.30 - 8.30pm Yoga with Emma
THU	10.00am - 11.45pm Little Seedlings 10.00am Garden Volunteering	12.30 - 2.30pm Community Café 12.00 - 4.00pm Garden Volunteering	3.00 - 5.30pm Wrap Around Care 5.00 - 8.00pm Faith School	6.30 - 7.030pm Fitness 4 Thoughts
FRI			3.00 - 5.30pm Wrap Around Care 5.00 - 8.00pm Faith School	
SAT	10.00am - 12.00pm Repair Care (second Saturday of the month)	12.30 - 6.00pm Maine Road F.C.		
SUN	9.00am - 1.00pm OT Community Church	10.00 - 2.00pm Queer Roots Volunteering		6.00 - 8.00pm MFLCC Church (last Sunday of the month)

Financial Support, Advice and Credit Unions

Neighbourhood Advice Project

Summary: Free in-person face to face legal advice, advocacy and representation on housing, employment, debt, and benefits. Disability benefits applications, mandatory reconsiderations and appeals. Housing law: evictions, homelessness, disrepair and re-housing. Employment law: discrimination at work, unfair dismissal, unpaid wages, grievance and disciplinary processes at work.

Free and confidential 30 minute appointments.

In the last two years we've helped the community recover over £30,000 in unclaimed benefits and we're aiming to surpass £100k! Have you had your chance to check if you're eligible for benefits?

Eligibility: People must live in Chorlton Park, Didsbury or Burnage.

Times, Contacts and Location:

E. neighbourhoodadvice@gmlaw.org.uk

T. **07907 368415**

Various locations in Chorlton Park by appointment only e.g. Didsbury Mosque, Burnage Library



South Manchester Credit Union

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Summary: A community based credit union that provides saving accounts and loans to the people of South Manchester. We continuously look to support people's finances and make a positive difference to their lives.

Loans: Welcome Loan, Family Loan, Saver Loan, Smart Loan, Secured Loan, Green Loan.

Savings: Open Savings, Locked Savings, Christmas Savings, Prize Savers, Young Saver, Dream Saver.

Eligibility: Anyone in the South Manchester area. Post codes include M90, M22, M23, M20, SK4, M19, M21, M14, M16, M15, M13, M12 and M18.

Times, Contacts and Location: 187 Fog Lane, Burnage M20 6FJ

Front desk open to the public:

Monday to Friday 10.00am - 3.00pm.
Wednesday, Saturday and Sunday closed.

Online operating hours:

W: www.smcreditunion.co.uk
Monday to Friday 9:30am - 4:30pm
Saturday and Sunday closed.

Barlow Hall Sure Start Children's Centre

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Summary: Barlow Hall Sure Start Children's Centre offers information, support and services that focus on child health and development, as well as family support.

Eligibility: For children under 5 years old and their families.

Times, Contacts and Location: We have a range of activities and services on offer, such as:

- Baby massage and baby yoga
- Baby and toddler stay, play and learn sessions
- Midwifery, antenatal, postnatal and breastfeeding clinics
- Health visitor clinics - healthy child drop in and child health and development checks
- Weaning information and healthy eating advice
- Parenting courses
- Sensory room
- Outreach workers offer a wide range of support for families including those who are new to the area
- Referrals to other agencies for additional support

T. **0161 245 7013** W. **www.barlowhallprimary.co.uk**

Barlow Hall Sure Start Children's Centre, Beehive,
30 Nell Lane, Chorlton M21 7SJ

Scan the QR code to visit our page on the Help and Support Manchester website, where you can download our latest What's on Guide.



Children, Young People and SEND

Unity Arts

Summary: Unity Arts Manchester is a mobile youth and community arts, not for profit organisation.

Eligibility: See below.

Contacts: E: info@unity-manchester.org.uk T: 07787 560002



Name	Summary	Eligibility	Location and Opening
Unity Arts Junior Art Box	A creative arts and crafts session for children with youth arts worker. Term time only, subsidised cost £1 per session including all materials.	8 - 11 year olds	Wednesdays 3.30 - 5.30pm at The Whitehouse, Chorlton Park
Unity Arts Senior Art Box	A creative arts and crafts session for young people with a professional artist and youth worker. Term time only, subsidised cost £2 per session including all materials.	11 - 18 year olds	Wednesdays 6.00 - 8.00pm at The Whitehouse, Chorlton Park
Unity Arts Elders Art Box	A creative arts and crafts session for Over 55s with a professional artist and community worker. Term time only, subsidised cost £5 per session inc all materials and refreshments.	55 years +	Wednesdays 1.00 - 3.00pm at The Whitehouse, Chorlton Park
Unity Arts Toy Box Circus Skills	A circus skills session for young people with youth workers, including monthly circus skills masterclass with Pete Juggler. Term time only, subsidised cost £2 per session.	8 - 18 year olds	Tuesdays 6.30 - 8.00pm at Wilbraham St Ninians Church Hall, Chorlton
Unity Arts Drop-in for Young People	An after school drop in session with games and refreshments and access to youth workers. Term time only, free.	11 - 16 year olds	Mondays and Wednesdays 2.30 - 4.30pm at The Whitehouse, Chorlton Park
Unity Arts Holiday Events & Activities	Easter and Summer activities with professional artists and youth workers.	Open access	Easter and Summer in Chorlton Park

Groundwork support with all-things energy: from insulation installed free of charge in your home, to support with bills, negotiating with energy company around debt and more information and advice.

They can visit your home, install free energy saving equipment and give free advice, whether you're a home owner or a tenant.

Air Fryer v Oven

Which is cheapest?



When cooking the exact same meal, air fryers are cheaper to run...

BUT...

which appliance you need depends on how much you're cooking!

Choosing the right appliance and help you avoid wasting energy and help you save money.

Electric ovens: best for batch cooking. Air fryer: best for one to two people.

Comparison to cook a jacket potato

APPLIANCE	COOKING TIME	ENERGY USED	COST	COOKING QUALITY
Air Fryer	48 minutes	0.392kWh	10p	5 Soft and tender inside, crispy skin
Built-in Electric Oven	68 minutes	1.084kWh	29p	5 Well cooked with a signature crispy skin

Scan the QR code for more information and to make an appointment



Beyond Chorlton Park

Additional resources for support:

Mental Health

CRISIS

Helpline **0800 953 0285** (24 hours per week 7 days per week) OR **111** and select MENTAL HEALTH.

The Crisis Café GGMH

No.93 Harpurhey Wellbeing Centre,
93 Church Lane, M9 5BG

W: www.gmmh.nhs.uk/no-93-crisis-cafe

T1: **0161 271 0339**

T2: Telephone 2: **07778 012 838**

Monday to Friday 6.30pm to 1.00am
(inc Bank Holidays). Saturday and
Sunday 2.00pm to 1.00am

Please phone ahead before dropping in.

Survivors of Bereavement by Suicide

Helpline: **0300 11 5065**

W: www.uksobs.com

E: manchester@sobs.org

T: **07886 304 967**

Community and Peer Support specific for Men

Mandem Meet Up

Focused on mental well-being through hikes, outreach & creative activities.

E: info@mandemmeetup.org

W: www.mandemmeetup.org

Andy's Man Club

Suicide prevention and free peer support groups.

W: info@andysmanclub.co.uk

E: www.@andysmanclub.co.uk

Inspired Taskforce

Social & tech group for men 55+, with financial advice available.

W: www.inspireddtaskforce.co.uk

T: **0161 676 8450**

Dad Matters

Helping new dads bond with their babies and manage mental health.

E: matthew.gill@homestartmcr.org.uk

W: www.dadmatters.org.uk

Armed Forces Support Hub

Coffee mornings and support services for veterans.

E: hub.support@broughtonhouse.com

T: **0161 464 9521**

Mentell

Free online and in-person peer support circles.

W: www.mentell.org.uk

Manchester Men Speak Up

Community platform to discuss men's health and wellbeing.

W: www.manchestermenspeakup.org.uk

Health & Wellbeing

Be Well Social Prescribing

Help with stress, money, family, and job worries.

W: www.thebiglifegroup.com/service/be-well/

T: **0161 470 7120**

**You're not alone.
Reach out and connect!**



- Food, Clothing, Food Banks and Similar Offers
- Financial Support, Advice and Credit Unions
 - Community Services and Activities
 - Children, Young People and SEND
 - Additional resources for support

Financed by CP_COL and MLCO partnership funding Partners, MCC, local Schools, Food banks and Pantries, Churches and VCSFE organisations



**Manchester Local
Care Organisation**