



Cost of Living helpline

☎ 0800 023 2692

Cost of Living information

🌐 www.manchester.gov.uk/info/10050/help_with_the_cost_of_living_crisis

Citizens Advice Manchester

🌐 www.citizensadvicemanchester.org.uk
☎ 0808 278 7800 (free)

Gorton Library

🌐 www.manchester.gov.uk/libraries

Europaia

Supporting and Empowering Central & Eastern European Nationals
🌐 www.europia.org.uk

Rainbow Haven

A welcoming space for refugees, asylum seekers and vulnerable migrants
113 Abbey Hey Lane, M18 8TJ
☎ 0161 370 3472
🌐 www.rainbowhaven.org.uk

Employment support

Job Centre

🌐 www.gov.uk/contact-jobcentre-plus

The Growth Company

🌐 www.gcemployment.uk/support-for-people

One Manchester

🌐 www.onemanchester.co.uk/advice-support/employment-skills

Gorton Central Age friendly activities

🌐 www.hmhc.co.uk/gorton-central-whats-on

Gorton Mill House

Community café and hairdressing salon on site open to the public.
🌐 www.southwayhousing.co.uk

Debdale Park

📍 @The Friends of Debdale Park

Free Joint pain 12 week programme

Run by Nuffield Health Long-Term Conditions Rehabilitation Programme
🌐 www.nuffieldhealth.com/ltc

Manchester Carers

Support for unpaid carers
🌐 www.manchestercarers.org.uk

Health info for 50+

- Flu vaccines available from your GP practice and local pharmacies
- Covid booster via local pharmacies
- Bowel cancer screening. Screening kits posted to your home address for completion and return by mail.
- Breast cancer screening. Appointments arrive by post to your home address
- Free NHS health checks available in your community. Call the community NHS Health Check Team on 0790 113 3971 to check you are eligible and book your health check (ages 40-74)

Gorton Family Hub

Offers services for families with children of all ages (0-19) or up to 25 with special educational needs and disabilities (SEND). Also offers services at Manchester Settlement, St. James Surestart and St. Clements Surestart
🌐 www.hsm.manchester.gov.uk

Hideout Youth Zone

🌐 www.hideoutyouthzone.org

Health visitors based at Gorton Hub

☎ 0161 529 6205

Childhood immunisation information

🌐 www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them

Childcare

Childcare

🌐 www.childcarechoices.gov.uk

Gorton Library Story time for under 5's

🌐 www.manchester.gov.uk/libraries



To access the links on this leaflet scan this QR code



Manchester Local Care Organisation

Gorton Community Assets

Live Well in Gorton. Info That Matters.

Debdale Outdoor centre

🌐 www.better.org.uk/leisure-centre/manchester/debdale-outdoor-centre

Hideout Youth zone

🌐 www.hideoutyouthzone.org

@MCRparks

The Monastery

🌐 www.themonastery.co.uk/events

Afrofit

🌐 www.bollyfitactive.co.uk/service-page/afrofit-active-fitness

Volunteering opportunities

Oasis

🌐 www.oasisgorton.org/play-your-part

Gorton Central

🌐 www.hmhc.co.uk/gorton-central

Ryder Brow Community Allotment

📍 @Ryder Brow Community Allotment Society Facebook

Debdale Park

📍 @The Friends of Debdale Park

Manchester Adult Education Service (MAES)

They offer courses to improve your knowledge, confidence and career prospects with a free adult education course
🌐 www.manadulted.ac.uk

To improve your English sign up at

🌐 www.gmesol.org

Food

Community Grocer

🌐 www.hmhc.co.uk

The Bread and Butter Thing

A mobile food club bringing low-cost weekly shopping to the community. Collection from Gorton Hub
🌐 www.breadandbutterthing.org (registration needed)

The Oasis Centre

Open Monday to Friday each week and offers free food and support to anyone who needs it
🌐 www.oasisgorton.org

Jesuscina Foundation Hub

Co-op Academy Belle Vue, M12 4BA runs a community fridge
jescina.foundation@yahoo.com

Across Ummah

🌐 www.acrossummah.com/communities

Health

NHS 111

🌐 Gives you help for your symptoms and tells you what to do next www.111.nhs.uk

Manchester Monastery

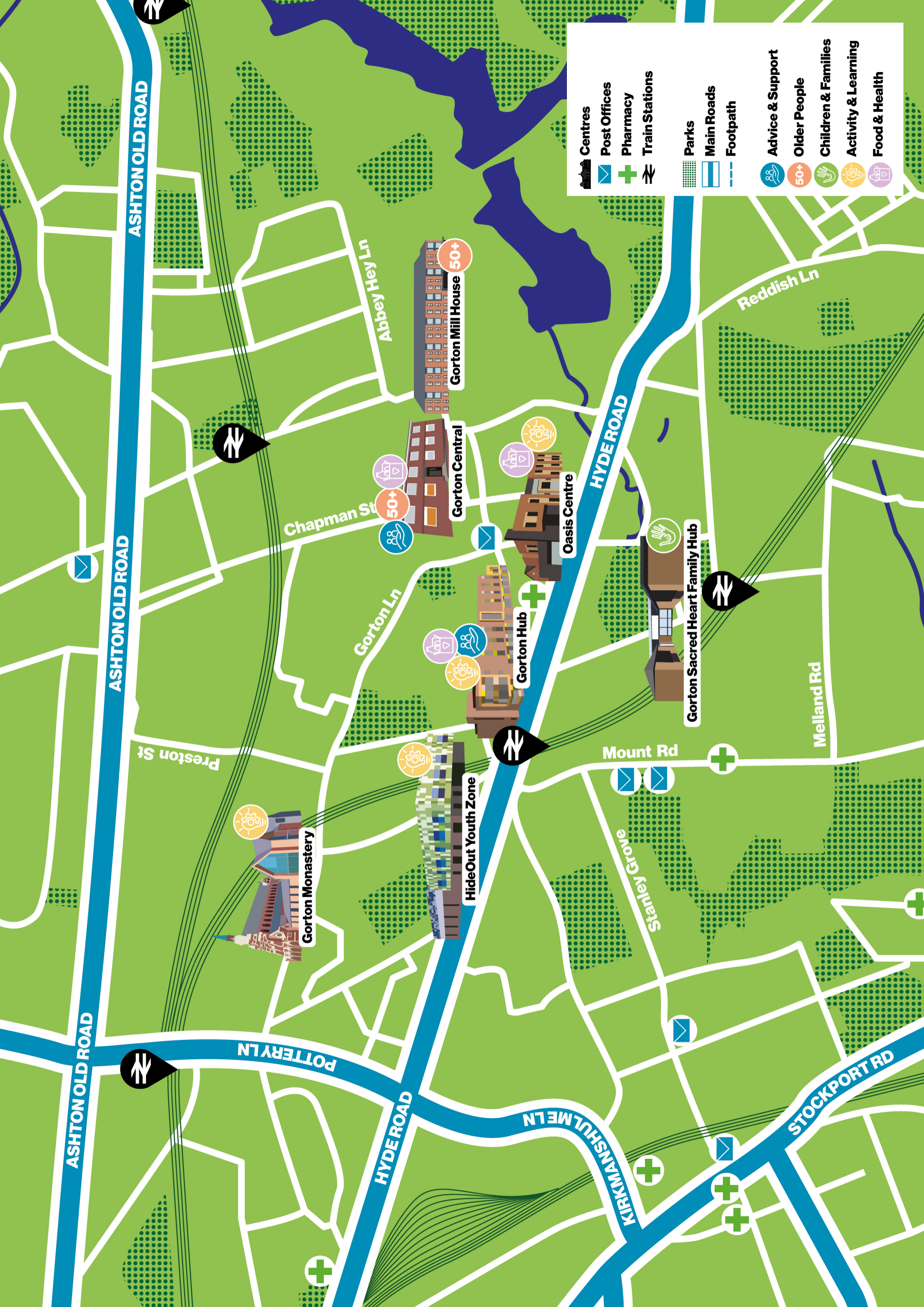
Offers a free counselling and listening service
🌐 www.themonastery.co.uk/sanctuary-manchester

Talking therapies

🌐 www.selfhelpservices.org.uk/talking-therapies

Welcome

دى دم آشوخ
Bem-vindo
Bem-vinda
Welcom
Bine ati venit
Kaabo
Bienvenue
آلهسو آلهأ



- Centres
- Post Offices
- Pharmacy
- Train Stations
- Parks
- Main Roads
- Footpath
- Advice & Support
- Older People
- Children & Families
- Activity & Learning
- Food & Health

ASHTON OLD ROAD

ASHTON OLD ROAD

ASHTON OLD ROAD

POTTERY LN

Preston St

Chapman St

Gorton Ln

Abbey Hey Ln

Gorton Mill House 50+

Gorton Central

Gorton Hub

HideOut Youth Zone

Gorton Monastery

Oasis Centre

Gorton Sacred Heart Family Hub

Mount Rd

HYDER ROAD

Reddish Ln

Melland Rd

Stanley Grove

KIRKMANSHULME LN

STOCKPORT RD

