



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)

Citizens Advice Manchester drop-in video appointments at Arcadia and Levenshulme Inspire

🌐 www.citizensadvicemanchester.org.uk/face-to-face

Pakistani Resource Centre (welfare rights, Domestic Violence, benefits for South Asian community)

🌐 pakistani-resource.org.uk
☎ 0161 445 0633

Europa (support for Eastern European community)

🌐 europa.org.uk
☎ 033305 8570

Employment support

Job Centre

🌐 www.gov.uk/contact-jobcentre-plus

The Growth Company

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

Health advice

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

Inspired People's Task Force

Activities and support
🌐 www.inspiretaskforce.co.uk

Irish community care

Activities and support
🌐 www.irishcommunitycare.com

Levenshulme good neighbours

Befriending service, activities and support
🌐 www.levenshulmegoodneighbours.org.uk

Manchester Carers

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

Peter Quinn Friendship group

Activities for people living with dementia and their carers
☎ 07767497625

All of the above also have opportunities for volunteers

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)



Levenshulme Sure Start Centre

🌐 www.manchester.gov.uk/surestart

Levenshulme Health visitors

Based at Levenshulme Health Centre
☎ 0161 861 2302

Arcadia Leisure Centre

🌐 www.better.org.uk/arcadia

Childhood immunisation information

🌐 www.nhs.uk/vaccinations

Childcare

🌐 www.manchester.gov.uk/childcare

Arcadia Library

🌐 www.manchester.gov.uk/libraries

Levenshulme Old Library

🌐 www.levenshulmeoldlibrary.org.uk



To access the links on this leaflet scan this QR code



Arcadia Leisure Centre

Swimming, swimming lessons, gym, exercise classes
🌐 www.better.org.uk/leisure-centre/manchester/arcadia-leisure-centre

The Energy Box

Exercise classes and sessions for all ages
🌐 www.levenshulmehigh.co.uk/energybox

Rushford Park

Football and other activities for the community
🌐 www.rushfordpark.co.uk

Bollyfit Active

Exercise and support for South Asian women in a women only environment
🌐 www.bollyfitactive.co.uk

Manchester Active

Activities for improving health
🌐 www.mcractive.com

Manchester Adult Education Service

(MAES) offers courses. Improve your knowledge, confidence and career prospects with a free adult education course
🌐 www.manadulted.ac.uk

To improve your English sign up here

🌐 www.gmesol.org

Want to volunteer? Sign up here

🌐 www.lev-inspire.org.uk/volunteer-here
🌐 www.vol.madeopen.co.uk



Food

Levenshulme Community Grocers

☎ 0161 706 1041

The Bread and Butter Thing

A mobile food club bringing low cost weekly shopping to the community. Collection from Levenshulme Inspire (registration required)
🌐 www.breadandbutterthing.org

Across Ummah Food club

🌐 acrossummah.com/communities

Health

Walk in centre Hawthorne

Can treat urgent and minor conditions such as cuts, bruises, rashes, flu-like symptoms, muscle and joint injuries, bites and stings. This is free
🌐 www.hawthornmedicalcentre.org.uk/walk-in-centre

NHS 111

🌐 They give you help for your symptoms and tells you what to do next
<https://111.nhs.uk/>

Talking therapies

For people with common mental health disorders such as anxiety or depression who are motivated to work towards changing the problem.
🌐 <https://www.selfhelpservices.org.uk/talking-therapies/>



Manchester Local Care Organisation













Levenshulme Community Assets

Live Well in Levenshulme. Info That Matters.

Welcome

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

آله سوآله

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